



**Stirring Things Up:  
A Short List on Authority & Activism from the Kitchen**

As restaurants in California reopen, and vaccines make it increasingly possible for people to gather over meals, we've been reflecting on how food can bring us together. We've also been thinking about the kitchen as a source of power and authority – things that can overflow out of the domestic space to influence politics and create wider social change. With these ideas in mind, we present a short list of culinary texts.

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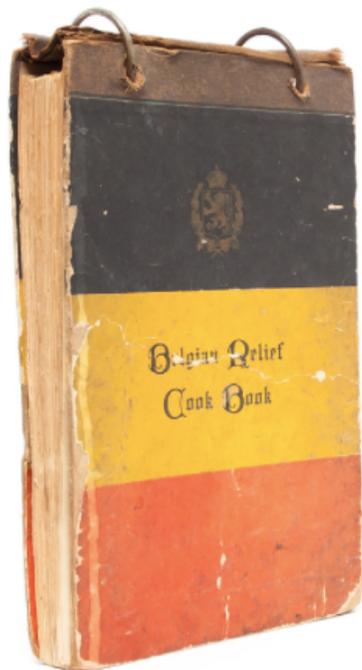
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*Women activists use their domestic authority to contribute to an unprecedented international effort for hunger relief*

**1. [Archer, Mary] Ladies of the Belgian Relief Committee.**  
Belgian Relief Cook Book.

Reading, PA: Reading Eagle Co., 1915. First edition. Quarter cloth over tri-color paper boards with metal rings at spine, measuring 160 x 240mm. 319 pages. Boards rubbed, with some paper worn away at extremities; rear board a bit bumped. Internally with some foxing and occasional kitchen soiling, usually limited to the margins or versos of pages; in all, surprisingly clean and unmarked. A scarce example of American women's efforts to use the domestic space in ways that generated international aid, OCLC reports only 16 copies held at institutions, with this as the only one on the market.

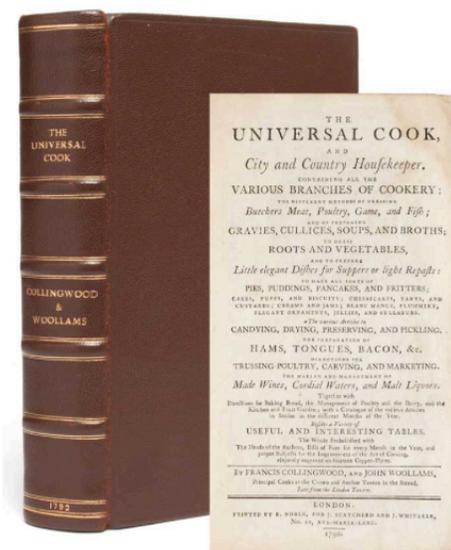
In the book's Foreword, compiler Mary Archer states the committee's goals concisely: "This little book, which mingles the recipes of to-day with the recipes of our great-grandmothers, never before revealed, is sent forth with the earnest hope that it may bring happiness to many American homes and earn the wherewithal to feed the starving householders of Belgium." As WWI raged on across Europe,

German troops pushed into neutral Belgium, occupying the nation to more effectively attack France. Though hundreds of thousands fled, the Belgians who remained faced forced labor, military violence, and food shortages. American women -- many working for their own enfranchisement -- became concerned about how war affected not only their homefront, but the lives of women and children abroad. Guided by Jane Addams and the Women's Peace Party, relief organizations began emerging all over the country. The Belgian Relief Committee that compiled the present work focused its efforts solely on Belgium, "where food supplies dwindled ominously"; in this sense, it was part of a larger humanitarian effort, "an undertaking unprecedented in world history" to conduct "an organized rescue of an entire nation from starvation" (Nash). Drawing on their domestic knowledge -- deeply rooted in the traditions of their families -- its members encouraged American women to find solidarity in sharing their knowledge for the common good. Each recipe bears the facsimile signature of the individual contributor. But meals drawn from the cookbook would combine recipes and tips from multiple women and their families. Thus, all users of the book become one family, privy to the "family secrets" in the index. (3848). \$1,200

*A rich and comprehensive cookery manual for professional chefs*

**2. Collingwood, Francis and John Woollams.**  
Universal Cook.

London: printed by R. Noble for J. Scatcherd & J. Whitaker, 1792. First Edition. Bound in later full morocco with gilt to spine; small cracks to front hinge but holding well. Marbled endpapers, and ownership signatures of Kate Neskey and Mrs. E. Bolt to later and original front endpapers, respectively. Internally Near Fine, with minor dampstain to top corner of original front endpaper and small paper loss to bottom corner of pages 353-354 affecting the catch word on 353; several plates trimmed close. Overall an exceptionally clean and neat copy of this rare cookery text, which shows none of the signs of kitchen use usually borne by books of this ilk. Collates [28], [12 Bills of Fare plates], 451 pages: Complete. Including the frontis and an additional plate on page 320, there are 14 plates in



total. No copies have appeared at auction in over 6 years, and ESTC reports only 8 copies held at institutions in the US.

Drawing on their experiences as the "Principal Cooks at the Crown and Anchor Tavern at the Strand," Francis Collingswood and John Woollams created a rich and comprehensive manual that touches on multiple branches of cookery. In addition to instructions on "dressing butchers meat, poultry, game, and fish" it includes fancy dishes and broths, information on wines and spirits, and illustrations to aid in the table-setting of multiple courses. With some good humor, the authors inform their readers that they do not intend to explore the history of cookery or "to discover what was the Food of our parents in the Garden of Eden." Rather, they participate in a shift that was happening in English kitchens during the Enlightenment: they take a logical, scientific approach to domestic work. Acknowledging that their recipes reflect changes they have developed to fit their own audiences, Collingswood and Woollams admit that they have drawn on the work of predecessors, including "[Hannah] Glasse, [Charlotte] Mason, [and Elizabeth] Raffald." These 18th century culinary writers enjoyed popularity and success in their own time; and as the men use science to justify their entry into what had been a traditionally female field, they drop the women's names in the hope that their authority "will in some Degree entitle us to the Patronage of the Public." ESTC T50471. Near Fine. (2381) \$1,250

*A scarce cookery predating the government's passage of laws ensuring nutritious food to be served in schools*

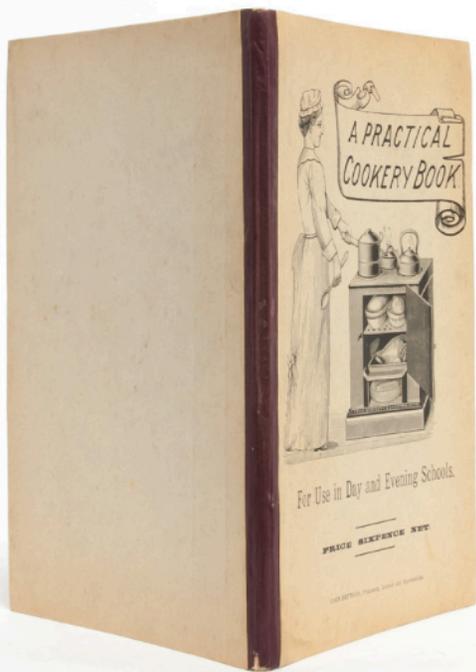
### 3. [Health and Childcare].

#### A Practical Cookery Book for Use in Day and Evening Schools.

London and Manchester: John Haywood, [c.1903]. First edition. Original pictorial boards with cloth to spine. 76 pages. Faint toning to edges of covers but surprisingly clean overall. Early ownership signature of "Sarah Askworth...1906" to the verso of the front cover and overlaid with tape. Lightly toned throughout, but otherwise unmarked without the signs of kitchen use common in such books. Scarce in trade, OCLC reports no copies of the present work at institutions.

"Around the year 1900 there was a concern about the physical state of the people of Britain. Even though there had been tremendous efforts in the late 19th century to provide better public health, housing, and education, many children were still no more healthy than they had been back in the 1840s. The new Liberal government elected in 1906 passed various measures to try to deal with this problem....and they gave permission for schools to offer meals to their pupils" (National Archives). Efforts to consider the link between

education and nutrition had begun in the lead-up to the laws, however; and the present work is a scarce surviving example of such a cookery. Its compilers note in the preface "This collection of Recipes has been prepared specially for Day and Evening Schools. The instructions of the Education Department...have been embodied." Given the book's brevity, it contains a multitude of basic, nutritious and locally accessible foods that can be combined for a variety of different meals -- always with an eye to giving growing students the fuel they need to grow and thrive in their schooldays. Near Fine. (3158) \$1,300

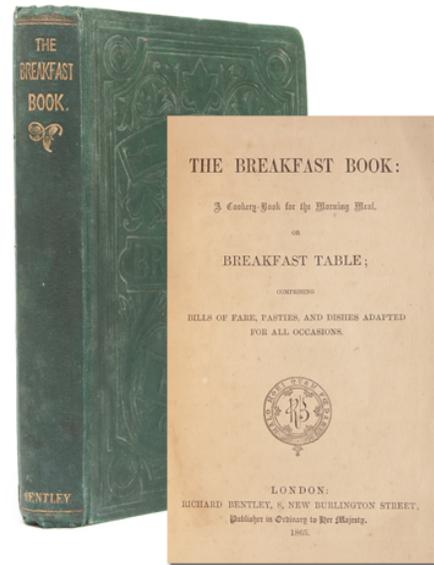


*A recipe book that aided social mobility, teaching middle class women to fit their breakfast tables like gentry*

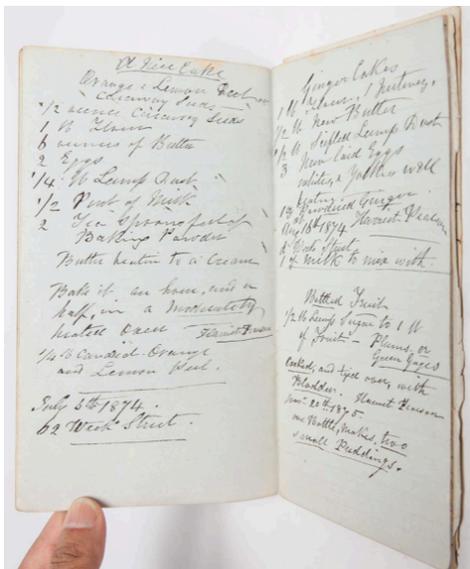
**4. [Hill, Georgiana].**

The Breakfast Book: A Cookery Book for the Morning Meal, of Breakfast Table.

London: Richard Bentley, 1865. First edition. Original green publisher's cloth binding embossed in blind with gilt to spine. Yellow endpapers. A beautiful survivor of the kitchen, with minimal external wear and internal pages uniformly toned but unstained and clean. Front inner hinge cracked but holding well. Bookseller's blindstamp to front and rear endpapers; two contemporary ownership signatures on front endpaper. Collating xii, 139, [1, blank]: complete. Scarce in trade and institutionally, OCLC reports 12 copies worldwide (4 of these in the US).



A cook book that signaled the buying power and the shifting needs of middle and working class women, Georgiana Hill's Breakfast Book aided its audience in quickly and efficiently answering an increasingly frequent question in their home-management. She opens, "What shall we have for dinner, is a question easily answered; but what can we have for breakfast is quite another thing. The object of this work is to solve this domestic difficulty." After all, while the infamous full English breakfast had existed since the 13th century, it was a hallmark of elite households and country estates. "The great English country houses were important hubs of local society, where breakfast was considered the most important meal of the day and a key social event, as the breakfast table was an opportunity for the gentry to display the wealth of their estates in the quality of the meats, vegetables, and ingredients used for breakfasts...It wasn't until the Industrial Revolution that the English breakfast became not just a meal for the wealthy, but for the masses as well...for aspirational Victorians, breakfast was an opportunity to demonstrate wealth and good taste" (Bruce). The present work, written by a single woman of the middle class, approached the issue with clarity and knowledge of its audience's needs. By presenting a book broken down into common family breakfasts, dishes quickly prepared, and then a selection of dishes that could be mixed or matched based on the size and need of the dining party, Hill aided women with social mobility. She educated them into more sophisticated household management, encouraged them to rise to the occasion as household authorities. Near Fine. (4071) \$1,650



*A glimpse into the kitchen of a 19th Century woman*

**5. [Manuscript Cookery] Mrs. Stephens.**

Receipt Book, 1874...1883, 1885.

Manuscript recipe book from Mrs. Stephens of Maidstone, Kent. Containing 17 handwritten pages of cookery recipes. Contemporary red sheep over stitched card; scuffing to front and back covers; shelf-wear to spine. Library shelf-mark in pencil on upper pastedown. Contemporary ownership inscriptions on pastedown. Text block detached, with one leaf loose and one additional leaf laid in. Book plate of John Marks tipped in to first leaf. A unique compilation of regional recipes.

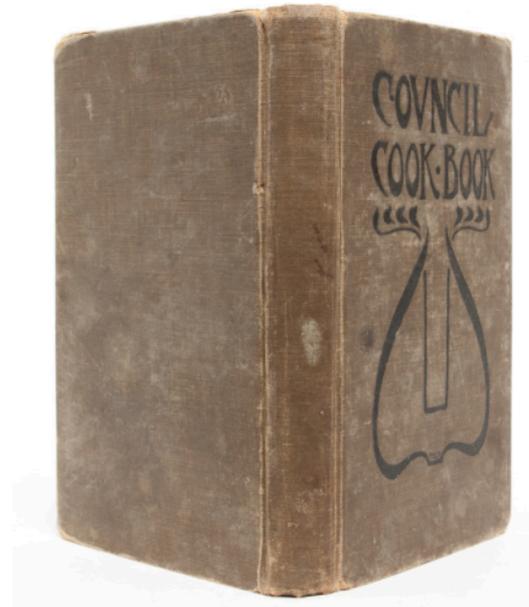
Mrs. Stephens' book is comprised of 24 cookery recipes, two perfume formulas, and one medicinal receipt. The assortment of holiday cookery instructions – including fig pudding, Christmas pudding, and snow cream – as well as emerging household favorites such as violet charlotte combine with perfume and medicine receipts to reveal the dynamic work being done in women's household kitchens at

the time. Ranging from the culinary to the cosmetic, Mrs. Stephens' manuscript provides a valuable glimpse into the kitchens of a rising middle class in England. (1967) \$725

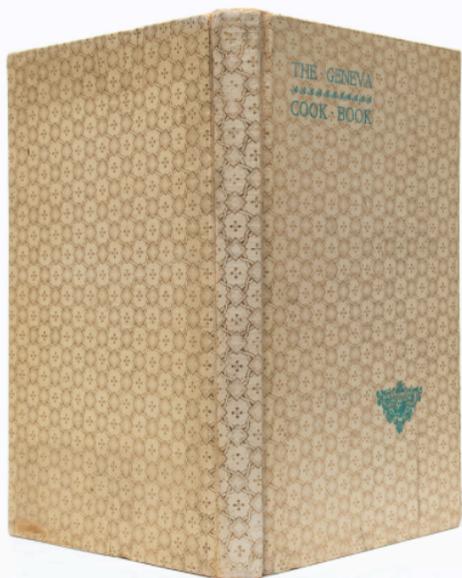
*First edition of the earliest Jewish cookery published in California & among the earliest West of the Mississippi*

**6. San Francisco Section of the Council of Jewish Women.**  
Council Cook Book.

San Francisco: International Printing Company, 1909. First edition. Original publisher's cloth binding. Fraying to corners and extremities of spine. General spotting to cloth. In a contemporary hand, several names and addresses of women from San Francisco and Atlantic City to the pastedowns and endpapers. Generally toned with occasional staining; in the same hand as the preliminaries, occasional additions, modifications, and annotations to recipes. Quite a scarce community cookery, particularly in such presentable condition, it has the distinction of being the first Jewish cookery published in California, and among the earliest west of the Mississippi.



An excellent early example of women's use of the domestic space as a site for social activism. Organized in 1893 and based out of Chicago, the National Council of Jewish Women worked to "shape the destinies" of Jewish women and families by offering community support in the form of assisting immigrants with integration, advocating for women's rights, and providing support including financial assistance and job training. The San Francisco section "established San Bruno Settlement House to aid newcomers to San Francisco with classes for boys and girls...Aiding immigrants and later veterans...these issues at the forefront then prompted petitioning for legislative reforms, such as immigration, equal suffrage, child labor, human trafficking, abolition, and health centers for women and children" (NCJWSF). The present text was published at a time when a number of women's groups were realizing that community cookeries were effective methods of fundraising and promotion. Drawing strength and authority from the expectation that they feed and nourish their families, the women of the Council could justify feeding, nourishing, and otherwise supporting the community at large; and the money from this cookery supported a number of their programs. Notably, this California chapter of the NCJW did include a chapter on Passover Dishes; yet they also print a range of dishes traditionally not considered Jewish or acceptable in kosher households, including lobster and other shellfish dishes common to the region. An excellent opportunity to research Jewish women's contributions to California culture, and the extent to which regional foods shape Jewish households in the West. (3212) \$2,400



*Only edition of the charitable cook book raising funds for the alma mater of the first woman to be granted an MD*

**7. Woman's Board of the Medical & Surgical Hospital of Geneva.**  
The Geneva Cook Book.

Geneva, NY: Press of W. F. Humphrey, 1895. First Edition. Original gold and white publisher's cloth binding, with title and decorative motif stamped in blue to the front board. Gentle rubbing to boards, but externally pleasing overall. Front hinge cracked and rear starting, but both holding well. Contemporary ownership signature of "Edith E. Dunning. Auburn, NY" to front endpaper. Some pages bear slight chipping or toning to the edges not affecting text; a clean, about Near Fine copy internally with none of the expected signs of kitchen use. Contemporary advertisements throughout. Includes 8 pages of contemporary handwritten recipes and a calling card inserted loosely at the front; notation in

pencil to verso of rear endpaper, else unmarked. An excellent and research rich copy of this rare charitable cookery book, which is currently the only one known on the market. OCLC reports only 5 examples at institutions worldwide.

First and only edition of this charitable women's cookery, which was produced "for the instruction of women in Culinary Science" with the goal "not only to increase the fund already in the Treasury which ultimately is to be appropriated for the equipment of that institution, but also to contribute a book which shall be of practical use to all house-keepers." A group of educated women, the Board compiling the cook book viewed house-keeping as an occupation that required knowledge and scientific workability. They reveal in the preface that all recipes were researched and vetted to ensure that they created "a work of real merit," and their title page contains an epigram from Ruskin praising women's roles as sorcerers, chemists, and "loaf-givers." Including a range of recipes from breads and cheeses, to chafing dish meals, to meats, sauces, and salads, the book also contains advice on different service for lunch and dinner. The recipes' clear and easy to follow instructions suggest its compilers recognized the busy lives of women running homes, and that they opted to assist in making domestic cookery straightforward and efficient. Notably, the Geneva Hospital which the Woman's Board supported was connected to Geneva Medical College, which only 45 years prior had made history by granting an M.D. to Elizabeth Blackwell, the first degreed female doctor in the U.S. This connection signals that the women of the organization also hoped to ensure updated equipment and a solid infrastructure for an institution that had welcomed in students of their own sex. (4174) \$1,850

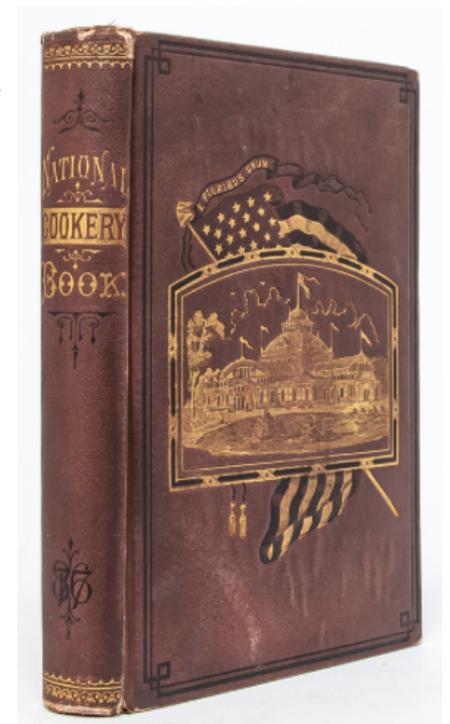
*An example of women embracing the kitchen and culinary authority to expand their sphere of influence*

#### **8. Women's Centennial Committees.**

The National Cookery Book: Compiled from Original Receipts for the Women's Centennial Committees of the International Exhibit of 1876.

Philadelphia: Women's Centennial Executive Committee, [1876]. First edition. Original brown publisher's cloth binding embossed in gilt and black to spine and front board featuring the motto "E Pluribus Unum" [From Many, One]. All edges stained brown. Some rubbing to extremities and corners; light spotting to rear board. Hinges professionally strengthened. Brown coated endpapers. Internally complete and pleasing, with occasional finger soiling not affecting text. With a modest presence at institutions, the present work documenting the intersection of women's domestic labor and activism has become quite scarce, especially in this condition.

The Centennial International Exhibition of 1876 -- the very first official World's Fair hosted by the U.S. -- took place in Philadelphia from May 10-November 10 of that year. Elizabeth Cady Stanton formed the Women's Centennial Executive Committee to ensure that women had a presence at the events. Beginning three years prior, in 1873, the committee was "formally recognized by the United States government, the women's work was circumscribed by male officials. Women were restricted to fundraising, gathering petition signatures, creating a Women's Pavilion at the Centennial Exhibition, and choosing the music" (Falvey). The committee's work was highly strategic as a result. Designing the Women's Pavilion as a celebration of women's public work in fields like fine arts, industrial crafts, wood carving, science, medicine, and technology, fundraising projects that seemed safely ensconced in domestic spaces became touched with political resistance. Even the act of cooking became a means for public authority. "Female organizers attempted to translate the individual values and attributes of womanhood into social action, thereby increasing women's influence in the public realm. By expanding rather



than rejecting woman's sphere, Centennial women employed a popular means for justifying female autonomy outside the home" (Cordato). A useful volume like this was easy for a woman to justify purchasing and bringing into her home, filled as it was with receipts for delectables like Charlotte Russe and hardy dishes like stew. But purchasing and using it also became a financial contribution to resistance, and a visible sign of it. The Women's Committee understood and acknowledged this. "It was thought proper in a department exclusively devoted to 'women's work' that cookery-- an art consigned so largely to her -- should not be forgotten," reads the Preface. Not in Krichmar. Kramer 3853. (2803) \$1,200

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