



# Cookbooks: The Sandy Mitchell collection

An exhibition of material from  
the Monash University Rare Books Collection

22 March – 31 May 2011  
Level 1, ISB Wing  
Sir Louis Matheson Library  
Clayton campus, Monash University  
Wellington Road, Clayton



**MONASH** University  
Library

## Introduction

The Monash Cookbook Collection is becoming an important one worldwide, many thanks to Richard Overell and his dedicated staff in the Rare Books section in the Matheson Library. It now covers a large range of books from mainly France, England and Australia, dating from 1654 to the present day.

Why should cookbooks be considered an important resource? In essence, it is one of the few ways we are able to access the private domain. Unlike the public sphere, this area remains relatively secret and impenetrable. Because we must eat to live, food is therefore an absolute daily necessity, as well as the way in which we celebrate friendships, gatherings, and all sorts of special events. Cookbooks aid us in its preparation, whether it is for the family or something more elaborate.

Therefore, cookbooks document the history of food, giving us an insight into its availability and popularity at different times and in different cultures. One prime example of this was the reluctance of Parisians to eat potatoes until extreme food shortages in the 1790s and the persistence of the authorities, forced them to do so. Life without bread was for them unthinkable. Parmentier set about making bread from potatoes instead of wheat flour. At the same time, Madame Merigot brought out a small cookbook dedicated solely to the preparation of that much maligned vegetable, in the hope of increasing its acceptance.

Cookbooks document fads, fashions, shortages, new cooking equipment and methods. One only has to think of the shortages during and after World War II when butter and eggs were a luxury, and recipes for cakes without them were treasured. Many of us grew up without tasting garlic, many spices and herbs, vegetables such as capsicums, eggplants, zucchini and rice. In the kitchen, life has been simplified by the advent of the food processor, and even the microwave, another relatively new arrival, has its place. Fashions such as cuisine nouvelle and cuisine minceur resulted in tiny delicate portions on huge plates. Now we unfortunately appear to be following the American example of enormous servings. At other times there is a return to favourite recipes from the past – traditional stews, lemon sponge pudding and pavlova.

Cuisine is now a global interest and cookbooks reflect that. In the 1980s, for example, it was difficult to buy books on Thai, Vietnamese, Indonesian and Moroccan cooking in English. Now they dominate the shelves in bookshops. Cooking shows on TV have also added to the proliferation of local cookbooks for sale. The ability to travel has increased the interest in other cuisines, and food has become very much a part of the holiday experience.

Now the world of the printed book is being threatened by e-books. Will books become a thing of the past? We hope not. In any case, collections such as this one are helping to preserve the history of food and cooking.

**Alexandra (Sandy) Michell**

## Preface

This exhibition celebrates the gift of valuable seventeenth to nineteenth century French and English cookbooks made by Alexandra Michell, beginning in 1988. Sandy has also made generous financial donations to the Library with which the collection has been developed and expanded to include a fine collection of early Australian cookbooks, and a selection of twentieth-century material.

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**Level 1, ISB Wing**

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**Monash University**

**Wellington Road, Clayton**

Curator: Richard Overell

Assistant Curator: Stephen Herrin

Web design: Rosemary Miller

Thanks to Rita Erlich, the former editor of *The Age Good Food Guide*, for opening the exhibition.

For more images and full information on each of the items, visit [www.lib.monash.edu/exhibitions](http://www.lib.monash.edu/exhibitions)

## LARGE UPRIGHT CASE

### Early English books

#### 1. Beeton, Mrs. (Isabella Mary), 1836-1865.

*The book of household management... : also sanitary, medical, and legal memoranda; with a history of the origin, properties, and uses of all things connected with home life and comfort / by Isabella Beeton. 1st ed. (London: S.O. Beeton, 1861)*



#### 2. Beeton, Mrs. (Isabella Mary), 1836-1865.

*The book of household management / by Mrs. Isabella Beeton. Entirely new ed., rev., corr. and greatly enl. (London: Ward, Lock and Co., 1888)*

#### 3. Beeton, Mrs. (Isabella Mary), 1836-1865.

*The book of household management : comprising information for the mistress, housekeeper, cook, kitchen maid, butler, ... governess / by Mrs. Isabella Beeton. Rev., corr. and greatly enl. containing new coloured plates ... several hundreds of new recipes ... new menus (London: Ward, Lock and Co., 1901)*

#### 4. Beeton, Mrs. (Isabella Mary), 1836-1865.

*Beeton's every-day cookery and housekeeping book: a practical and useful guide for all mistresses and servants. Entirely new ed., rev. and greatly enl., containing new and valuable recipes. (London: Ward, Lock & Co., [1890?])*

Although it was not the first, Mrs. Beeton's Book of Household Management, remains an iconic cookbook. Isabella Beeton was married to the publisher Samuel Orchard Beeton. Her Book of Household Management appeared in parts from 1859 to 1861. On display is the first book edition. As well as recipes, it includes chapters on how to manage a home.

After Mrs. Beeton's death in 1865, aged 28, of puerperal fever, her husband sold the copyright to the publishers Ward, Lock. The books continued to appear in revised form well into the 20th century. One of the additions was a chapter on Australian Cookery, "to all intents and purposes, English." There are, however, recipes for Kangaroo Tail Soup, Roast Wallaby and Parrot Pie.



#### 5. Glasse, Hannah, 1708-1770.

*The art of cookery, made plain and easy: in which are included, one hundred and fifty new and useful receipts, not inserted in any former edition ... / by Mrs. Glasse.*

*New edition, with all the modern improvements (London: Printed for T. Longman, 1796)*

First published pseudonymously 'By a Lady' in London in 1747. Hannah Glasse is considered the predecessor to Mrs. Beeton. In the introduction "To the Reader," she explains that the book was written for cooks and servants.

#### 6. Digby, Kenelm, 1603-1665.

*The closet of the eminently learned Sir Kenelme Digby opened: whereby is discovered several ways for making of metheglin, syder, cherry-wine, &c. Together with excellent directions for cookery: as also for preserving, conserving, candying, &c. Published by his son's consent. Third edition corrected. (London: Printed by H.C. for H. Brome, at the West-end of St. Pauls, 1677))*

This book was first published posthumously in 1669 from a manuscript found amongst Sir Kenelm Digby's papers. As well as recipes for "Methegilin" (a drink made from honey) it includes the first instructions printed in England for making tea.

### 7. Henderson, W.A. (William Augustus)

*The housekeeper's instructor: or, universal family cook being an ample and clear display of the art of cookery in all its branches / by William Augustus Henderson. Seventh edition. (London: W. and J. Stratford, [1800?])*



The frontispiece shows the kitchen of a large household. We see “A lady presenting her servant with *The Universal Family Cook*.” In the foreground there are two men using the illustrations in the book to learn the “art of carving.”

## Early French books

### 8. La Varenne, François Pierre de, 1618-1678.

*Le cuisinier François , ou, L'école des ragouts : ou est enseigné la maniere d'apprêter toutes sortes de viandes, de pâtisseries & confitures / par le sieur De la Varenne. (Lyon: Chez la Veuve de C. Chavance & M. Chavance fils, Marchand Libraire, ruë Merciere, 1699)*

### 9. Bonnefons, Nicolas de

*Les delices de la campagne : où il est enseigné à preparer pour l'usage de la vie, tout ce qui croît sur la terre, & dans les eaux ; suite du Jardinier françois / [Nicolas de Bonnefons]. Nouvelle edition, augmentée. (Paris : Chez Claude Prudhomme, 1713)*



### 10. Massialot, François, 1660(ca.)-1733.

*Le nouveau cuisinier royal et bourgeois: qui apprend a ordonner toute sorte de repas en gras & en maigre, & la meilleure maniere des ragoûts les plus delicats & les plus à la mode, & toutes sortes de pâtisseries, avec des nouveaux desseins de tables / [par François Massialot]. (Paris: Chez Claude Prudhomme, 1712-1716) 2 v.*

### 11. Audiger

*La maison reglee et l'art de diriger la maison d'un grand Seigneur, & autres, tant à la ville qu'à la campagne, & le devoir de tous les officiers & autres domestiques en general: avec la veritable methode de faire toutes sortes d'essences (Paris: Chez Nicolas le Gras, 1700)*

### 12. Le Cuisinier gascon. Nouvelle edition, a laquelle on a joint la Lettre du patissier anglois. (Amsterdam: [s.n.], 1747)

### 13. Menon, 18th cent.

*La cuisiniere bourgeoise : suivie de l'office, a l'usage de tous ceux qui se mêlent de dépense de maisons ... / [par Menon] (Bruxelles: Chez François Foppens, 1779)*

### 14. Menon, 18th cent.

*La science du maitre d'hotel, confiseur, a l'usage des officiers: avec des observations sur la connoissance & les propriétés des fruits / [par Menon]. Nouvelle edition, revue & corrigée. (Paris: Chez Veuve Savoyé, 1776)*

**15. Berchoux, J. de (Joseph), 1762-1838.**

*La gastronomie, poème / par J. Berchoux, suivi des poesies fugitives de l'auteur. (Paris: Chez Giguet et Michaud Imp-libraires, 1805)*



**16. Carême, M. A. (Marie Antonin), 1784-1833.**

*Le cuisinier Parisien, ou, L'art de la cuisine française au dix-neuvième siècle : traité élémentaire et pratique des entrées froides, des socles, et de l'entremets de sucre: suivi d'observations utiles aux progrès de ces deux parties de la cuisine moderne / par Antonin Carême. 3rd éd., rev., corr. et augm., ouvrage orné de 25 planches dessinées par l'auteur. (Paris: J. Renouard, 1842)*

The authors of the early French cookery books were professional cooks in the houses of the nobility or in the fine restaurants of Paris. They are credited with popularising French cookery, the *haute cuisine* as we know it today. This was based on natural flavours with fine sauces, which was a departure from the heavily spiced foods of the Middle Ages.

## Continental cooks in England

**17. Soyer, Alexis, 1809-1858.**

*The modern housewife or ménagère: comprising nearly one thousand receipts for the economic and judicious preparation of every meal of the day, with those of the nursery and sick room; with minute directions for family management in all its branches. Illustrated with engravings, including the modern housewife's unique kitchen, and magic stove / by Alexis Soyer. (London : Simpkin, Marshall, 1849)*

**18. Soyer, Alexis, 1809-1858.**

*The pantropheon: or, History of food and its preparation: from the earliest ages of the world / by A. Soyer. (Boston: Ticknor, Reed, and Fields, 1853)*

Alexis Soyer was born in Paris where he learned his skills working as a chef in fashionable restaurants and for the Prince de Polignac. To escape the unrest in France and to take advantage of the high levels of pay for French chefs offered by the English nobility, he left for London in 1831. In 1837 he became the chef at the Reform Club, where he designed a new kitchen using gas cookers. He was the celebrity chef of his day, promoting his own kitchen equipment, acting as a government consultant in Ireland to help feed those suffering in the famine, and going to the Crimean War to help with the hospital catering.

**19. Francatelli, Charles Elmé, 1805-1876.**

*The modern cook: a practical guide to the culinary art in all its branches, comprising, in addition to English cookery, the most approved and recherché systems of French, Italian, and German cookery; adapted as well for the largest establishments as for the use of private families / by Charles Elmé Francatelli. 28th ed. (London : R. Bentley & Son, 1886)*

Francatelli was born in England of Italian parentage. He trained in Paris under Carême and returned to England as chef for the Earl of Chesterfield. He was then the chef at Crockford's Club, the Reform Club, and St. James's Hotel. He worked for the Royal Family in 1841 and 1842, but the Queen disliked French food.



## Early Australian cookbooks

### 20. Abbott, Edward, 1801-1869.

*The English and Australian cookery book: cookery for the many, as well as for the upper ten thousand / by an Australian Aristologist. (London : Sampson Low, Son, and Marston, 1864) ["Aristology" is the art of dining.]*

This was the first Australian cookbook. It includes recipes for English and local dishes as well as a chapter on "Hebrew Refection," which was later published separately. His recipe for "Slippery Bob," using Kangaroo's brains fried in "emeu fat, he describes as "'bush fare' requiring a good appetite and excellent digestion." (p. 86)

The gilt vignette on the cover represents the "Antipodes" with people eating winter food in England at the top, and a man at the bottom eating his summertime meal outdoors in Australia. ▶▶



### 21. Muskett, Philip E. (Philip Edward), 1857-1909.

*The art of living in Australia / by Philip E. Muskett ; together with three hundred Australian cookery recipes and accessory kitchen information by Mrs. H. Wicken. (London; Melbourne: Eyre and Spottiswoode, [1892?])*

Philip Muskett was interested in the influence of climate upon diet and health and believed Australians should eat less meat and more fruit and vegetables. He advocated eating fish and oysters and claimed excessive tea drinking was particularly bad for women. Australian wine was the best beverage with meals. Mrs. Wicken provided the lengthy section of recipes which included a chapter on "The Ice Chest", an essential item in the hot Australian climate. ▲



### 22. Wicken, Harriet Frances, 1847-1937.

*The Kingswood cookery book / by H. F. Wicken. 6th ed., rev. and enl. (Melbourne: Whitcombe & Tombs, [1913])*

Mrs. Wicken was a cookery teacher in London before emigrating to Melbourne in 1886. After moving to Sydney she became Cookery lecturer at the Sydney Technical College.

### 23. Wicken, Harriet Frances, 1847-1937.

*Recipes of Lenten dishes / Mrs. Wicken. (Sydney, N.S.W. : Angus & Robertson, [1896])*

This book contains mostly recipes for seafood as it is a cookbook for Lent when meat is prohibited. ▶▶



### 24. Wilkinson, Alfred J.

*The Australian cook : a complete manual of cookery suitable for the Australian colonies, with especial reference to the gas cooking stove / by Alfred J. Wilkinson. (Melbourne: George Robertson, 1876)*

Alfred Wilkinson was "Chef de Cuisine of the Athenaeum Club" in Melbourne. Gas stoves had been introduced into Australia by A.R. Walker in 1873.

### 25. Pearson, M.J. (Margaret J.)

*Cookery recipes for the people / by Miss Pearson. 2nd ed. (Melbourne: Australasian American Trading Co., 1889) [Cover title: Australian cookery: recipes for the people]*

Miss Pearson was the cooking instructor at the Melbourne Working Men's College (now RMIT). She used these recipes in the classes she gave for the Metropolitan Gas Co. at the 1888-89 Centennial Exhibition in Melbourne.

**26. The Kandy Koola cookery book and housewife's companion. (Melbourne: Kandy Koola Tea, 1898)**

This is an early example of an Australian cookbook printed as a product promotion. It was “published by the proprietors of Kandy Koola Tea for presentation to the ladies of Victoria, with compliments.”

**27. Maclurcan, Hannah, 1860-1936.**

*Mrs. Maclurcan's cookery book: a collection of practical recipes specially suitable for Australia. (Townsville, Qld.: T. Willmet, 1898)*

Hannah Maclurcan and her husband were the managers of Queens Hotel, Townsville. In 1901 the couple took the lease on the Wentworth Hotel in Sydney. Hannah developed the Wentworth into a de luxe hotel. Her cookbook continued to appear until the 20th edition in 1930.

**28. Maclurcan, Hannah.**

*The 20th century cookery book: a thousand practical recipes for everyday use / by Hannah Maclurcan. (London: R. A. Everett, 1901)*

Mrs. Maclurcan presented a copy of her cookbook to Queen Victoria.

**29. Aronson, Fred. B., Mrs.**

*XXth century cooking ... and home decoration / by Mrs. F.B. Aronson. (Sydney: William Brooks & Co., 1900)*

Zara Baar Aronson, “Thalia” of the Sydney Mail, aimed her cookbook at households with staff.

**30. Rawson, Lance Mrs., 1851-1933.**

*Mrs. Lance Rawson's cookery book and household hints. 3rd ed., enl. and rev. (Rockhampton, [Qld.]: William Hopkins, 1890) Cover title: The Queensland cookery and poultry book.*

**31. Rawson, Lance, Mrs., 1851-1933.**

*Australian enquiry book of household and general information: a practical guide for the cottage, villa, and bush home: recipes and information upon everything and for everybody / by Mrs. Lance Rawson. 3rd ed. (Melbourne: J.W. Knapton, 1898)*

Wilhelmina Rawson was born in Sydney and lived in North Queensland. Her Cookery Book was first published in Maryborough, Qld., in 1878. In the preface she writes, “Almost every young matron has among her wedding presents a good cookery book, either Mrs. Beeton, Warne, or some other equally good and useful for town use, but which in the bush or country, owing to the scant material to work with, becomes nearly useless.”

**32. Story, F. Fawcett.**

*Australian economic cookery book and housewife's companion / by F. Fawcett Story. (Sydney: Kealy & Philip, 1900)*

Mrs. Story taught cooking at Sydney Technical College and at Hurlstone Teachers Training College in the 1880s and 1890s. The frontispiece shows a cookery class.

**33. Home cookery for Australia: all tested recipes/compiled and issued under the auspices of the Presbyterian Women's Missionary Union of Victoria. 3rd ed. (Melbourne: Gordon & Gotch, 1909)**

This is an example of a cookbook published for charity. It included a recipe for “Colonial Goose,” which was, in fact, baked mutton.

**34. Aunt Mary's cookery book: a collection of tried and proved recipes. (Sydney : Tillock & Co., [190-])**

“Presented with compliments from the manufacturers of Aunt Mary's Baking Powder.” There is a string through the upper left hand corner of the book for hanging it conveniently in the kitchen.



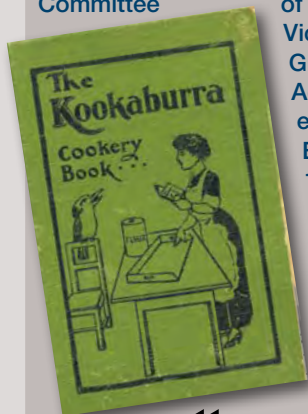
35. The Kookaburra cookery book of culinary and household recipes and hints/collected and arranged by the Committee

of the Lady Victoria Buxton Girls' Club, Adelaide. 2nd ed. (Melbourne: E.W. Cole, 1912)

First published in Adelaide in 1911, the book presents recipes gathered from named contributors.

◀◀ Under "Vegetables,"

K. Langloh Parker, the authority on Aboriginal dreamtime myths, has this hint: "However tomatoes are used, cooked or raw, they always require a sprinkling of sugar." (p. 84)



36. The Australasian cookery book : specially compiled for the requirements of Australian and New Zealand homes. (London; Melbourne: Ward, Lock, 1913)

The book begins with a chapter on "Food and Cookery in Australasia," emphasising local produce such as seafood, paw-paw, chokoes and passionfruit. ▲



## Menus

37. Menus.

On display is a selection from our collection of shipboard Menus. They are mostly from the 1950s and early 1960s from the P.&O line, the Orient Line and a few others. These feature graphics by prominent artists such as Lynton Lamb, Mark Severin, Douglas Annand, and a set of six menus, "Orlando Goes to Sea," made for the Orient Line by Kathleen Hale, the writer and illustrator of Orlando the Marmalade Cat. Also included is a handwritten menu from the HMS Repulse (1875); the soup was "Grouse" and the main course was "Roast Leg of Mutton."

▶▶



Also on display are some commemorative menus collected by Sandy Michell during her restaurant career.

## WALL CASE 1

### Manuscript recipe books

38. [Cookery book] [manuscript] [104 leaves]; 20 cm. [England, 1818?].

This is an early 19th century English cookbook open at a recipe for "Blanch Mange" and one for "Common Plumb Pudding", followed by a recipe for "Excellent Black Ink."

39. [Cookery book] [manuscript] 341 p.; 21 cm. [Haworth?, Eng., 182-?].

Open at a recipe for "Stewd Spinnage and Eggs" and one for "Brockeley and Egg."

## WALL CASE 2

### Popular Culture cookbooks

40. The Australian women's weekly presents – the teenagers' cook book: from our Leila Howard test kitchen. (Sydney: Australian Consolidated Press, 1969)

Among the recipes in this book are, "Little Italian Pizzas" and "Neapolitan Cassata," popular choices at cafes of the time.



#### 41. Crumb, Dana.

*Eat it : a cookbook / by Dana Crumb and Shery Cohen. Art by yours truly, R. Crumb. (San Francisco : Bellerophon Books, c1972)*

Robert Crumb was the most talented of the Californian cartoonists in the late 1960s and early 1970s. He illustrated this cookbook which was written by his wife Dana. It includes recipes for meals typical of the share-houses of that era, such as "Five Joint Soup" and guacamole.

### WALL CASE 3

## Women's Weekly cookbooks

#### 42. Lucas, Dione, 1909-1971.

*Book for cooks / by Dione Lucas. (Sydney: Australian Consolidated Press, [1956?])*

This appeared as a "Supplement to the Australian Women's Weekly," a magazine which has been the leader in promoting cooking skills and new culinary fashions to Australian families since its inception in 1933. Dione Lucas was born in England and became the first woman to graduate from Le Cordon Bleu. She cooked in leading restaurants in London and New York and was one of the earliest TV celebrity chefs. This booklet was published with the issue for 4th July 1956 to coincide with her first tour of Australia.

#### 43. The Australian Women's Weekly family dinners. (Sydney: Consolidated Press, [1949])

This was a standard Women's Weekly cookbook publication. It published the recipes from a £3000 cookery competition which the Weekly ran in 1949.

#### 44. Recipes from famous-brand cooks / [compiled by Leila C. Howard of the Australian Women's Weekly]. (Alexandria, N.S.W.: Australian Consolidated Press, 1962)

*This was a promotion done by Women's Weekly with Woolworths. The idea was that, "twelve manufacturers of famous-brand foods supplied recipes from their test kitchens ... Compiled by the Australian Women's Weekly to enable the housewife to present interesting and nutritious meals to her family without having to spend many tedious hours in the kitchen."*

The illustrations at the back of this case are also from The Womens' Weekly Summer Holiday Cookbook (1967), again from Leila Howard's test kitchen.

### WALL CASE 4

## Aboriginal food

#### 45. Kimberley cook book: "some old recipes and some new ones" / [Recipes and lino prints by Marianne Yambo [et al.]; printed and edited by Jan Palethorpe] [Western Australia]: Jan Palethorpe, [1997?] No.1 of edition limited to 20 copies.

These recipes were collected from the Aboriginal people in the Kimberley area of north-western Australia.

### FLAT CASE 1

## 20th century cookbooks

#### 46. Beeton, Mrs. (Isabella Mary), 1836-1865.

*Mrs. Beeton's cookery: practical and economical recipes for every-day dishes and general instructions in the art of cookery. (London; Melbourne: Ward, Lock & Co., 1923)*

Well into the 20th century, Ward, Lock & Co. continued to publish cookbooks using the "Mrs. Beeton" brand.



**47. “Daily Express” prize cookery recipes. (London: Lane Publications, [1928])**

These are the winning recipes from the Daily Express “Homecraft Prize” competition.

**48. Heath, Ambrose, 1891-1969.**

*Good food: month by month recipes / by Ambrose Heath; decorated by Edward Bawden. 2nd ed. (London : Faber & Faber, 1934)*

Ambrose Heath was a cooking journalist and co-founder of the Wine and Food Society in 1933. He published over 100 cookbooks, often with the word “good” in the title. Good Food was one of his most popular. First published in 1932, it is arranged by month and promotes use of fresh food in season.

**49. Sarson, Henry.**

*Home pickling / by Henry Sarson; decorations by Renn. Rev. ed. (London: C. Arthur Pearson Ltd., 1949)*

A specialist work on making your own preserves. Bottling to avoid waste of surplus fruit or vegetables was part of the household routine.



**50. David, Elizabeth, 1913-1992.**

*A book of Mediterranean food / by Elizabeth David ; decorated by John Minton. 2nd ed. (London : John Lehmann, 1951) [First published 1950]*



Elizabeth David showed the English that food is one of life’s great pleasures. This was her first book, and it helped to popularise Spanish, Greek and Italian cookery in Britain.



**51. Oh for a man who cooks / by Carlos Zalapa ... [et al.], all of the Society of Gourmets; drawings by George Molnar. (Sydney: Shepherd Press, 1957)**

“You can regard this book as your entrée into the most exclusive food and wine society in Australia.” The Society of Gourmets met once a month in Sydney. There were only six members. To join, a person had to cook a “formal dinner of considerable length.”

The Molnar illustration on the dustwrapper shows a man consulting the cookbook, Oh for a French Wife!, a companion title which appeared in 1952.



## FLAT CASE 2

### Wartime

**52. Ration books and coupons from World War II**



These items form part of Rare Books’ “Ephemera Collection.” During World War II the Ministry of Food instituted rationing, beginning in January 1940. People had to register with their local shopkeepers and were given ration books.

**53. Craig, Elizabeth, 1884-1980.**

*Cooking in war-time / by Elizabeth Craig. (Glasgow: Literary Press, [1940])*

Elizabeth Craig was a food writer with the Daily Express and published dozens of cookbooks from 1923 to 1980. In the foreword to *Cooking in War-time*, she writes, “Come along everybody. Let’s do our bit. Armed with wooden spoon, basin, and saucepan we’ll keep the pots boiling whatever happens.”



#### 54. Heath, Ambrose, 1891-1969.

*Kitchen front recipes & hints: extracts from the first seven months early morning broadcasts / by Ambrose Heath. (London: A. and C. Black, 1942)*

The Kitchen Front was a series of broadcasts Ambrose Heath gave on the BBC during the war. One of the broadcasts was on the danger of broken glass in food during the blitz.

#### 55. The Kitchen front: selections from talks broadcast by the spokesman of the Australian Broadcasting Commission's Nutrition Advisory Committee. (Sydney: Australian Broadcasting Commission, 1943)

The ABC in Australia broadcast its own Kitchen Front programmes during the war. Rationing of food began later in Australia than in Britain. Tea and sugar began to be rationed in 1942, butter in 1943, and meat in 1944.

#### 56. Wanamaker, John.,

*War-time recipes : a cookery book to help make the World Free for Democracy / compiled by John Wanamaker. (New York; Philadelphia: s.n. ; [194-])*

In the United States food rationing began in 1942. One section of Wanamaker's book is headed, "Save Meat by Eating Fish. Every Day is Fish Day." As in Britain, fish was not rationed.

## FLAT CASE 3

### Stoves

#### 57. New Perfection cook-book, and directions for operating New Perfection oil stoves. [U.S.A.: s.n., 190-?]



These stoves used kerosene burners and boasted a "fireless oven" which continued to cook after being heated and turned off.



#### 58. Whitcombe's modern home cookery and electrical guide: including a selection of cookery recipes especially prepared for electric range users. 2nd ed. rev. and enl. (Auckland: Whitcombe & Tombs, [1931])

The cover shows a woman using a large electric kitchen stove. By the 1920s electricity had reached most Melbourne suburbs.



#### 59. Young, H. M.

*Cookery book containing recipes for every day use: with special reference to cooking by gas, and notes on the management of Fletcher, Russell & Co.'s, Ltd., gas cookers / by Mrs. H. M. Young. (Warrington, Eng.: Fletcher, Russell & Co., 1903)*

By the end of Queen Victoria's reign the use of gas stoves was widespread. This promotional booklet shows a cook seated with her darning while waiting for three large roasts to bake, with the oven door open, presumably for added warmth.



#### 60. Radiation Ltd.

*How to use your 1430 series New World gas cooker / product of Radiation Ltd. (Birmingham, Eng.: Radiation Ltd., [1949])*

Radiation Ltd. was one of the major English manufacturers of gas stoves. The cover shows a housewife using her “New World” gas cooker in a typical late forties kitchen.



#### 61. McAllister, Rosemary.

*Easy entertaining with high speed gas / introduced by Rosemary McAllister. (Melbourne: Gas and Fuel Corporation, [197-?])*



The Victorian Gas and Fuel Corporation were very active promoters of gas cooking, Here we see Rosemary McAllister in a typical seventies kitchen.



## FLAT CASE 4

### Meat

#### 62. Trusler, John, 1735-1820.

The honours of the table, or, Rules for behaviour during meals: with the whole art of carving, illustrated by a variety of cuts (Dublin: Printed by W. Sleater ..., 1791) [first published 1788]

Trusler’s book gives detailed information on the etiquette of the table and practical instructions on carving different joints of meat and poultry. “We are always in pain for a man who instead of cutting up a fowl genteely, is hacking for half an hour across a bone, greasing himself and bespattering the company with the sauce.” (p.19-20)

#### 63. Wayland, Virginia.

Of carving, cards and cookery, or, the mode of carving at the table: as represented in a pack of playing cards originally designed and sold by Joseph and James Moxon, London 1676-7 / by Virginia and Harold Wayland. (Arcadia, Calif.: Raccoon Press, 1962)

Here we see facsimiles of cards from the 17th century with instructions for cooking and carving. It is open at “The Boar’s Head.” To be cooked with “rosemary and bays.” His tusks decorated with apples or oranges, and the dish served with mustard and wine.

#### 64. Cassell’s dictionary of cookery: containing about nine thousand recipes. (London: Cassell, 1896)

Like Ward, Lock’s Mrs. Beeton’s, and Warne’s Model Cookery, Cassell’s cookbooks set the standard for the late 19th century. All featured chromolithograph colour illustrations, similar to the plate “Good and Bad Meat” shown here.

#### 65. Beeton, Mrs. (Isabella Mary), 1836-1865.

*Mrs. Beeton’s all-about cookery: with over 2,000 practical recipes and sections on labour-saving, household work, servants’ duties, laundry work, marketing, renovations, carving and trussing, the art of ‘using-up’, table decorations, table napkins, meals and menus, beverages, etc. New ed. (London; Melbourne: Ward, Lock, [192-])*

Open at the illustration for “Cold Joints” of beef and mutton.

**66. Warne's model cookery and housekeeping book: containing complete instructions in household management and receipts for breakfast dishes ... / compiled and edited by Mary Jewry. New ed. with original illustrations, printed in colours by Kronheim. (London: Frederick Warne and Company, 1869)**

The illustration shows how to serve game, roasted and boiled rabbit and hare.

**67. Noble, Emily.**

*Rabbit recipes. (Melbourne: Victorian Rabbit Packers and Exporters Association, [193-?])*

Rabbit was a favourite economical meal in Australia until the widespread use of poisons made their meat suspect.



## FLAT CASE 5

### Poultry

**68. Beeton, Mrs. (Isabella Mary), 1836-1865.**

Mrs. Beeton's family cookery: with nearly 3,000 practical recipes and sections on labour-saving, household work, servants' duties ... with 20 plates in colour and nearly 300 illustrations. New ed. (London, England; Melbourne, Vic.: Ward, Lock, 1923)

The frontispiece is a colour plate showing various ways to serve game birds.

**69. Nietlispach, F.**

Fish, game and poultry / by F. Nietlispach; translated and adapted by M.F. Daniels. (London: John Hamilton, [1933?])

Open at a colour illustration of "Roast Pheasant," described as, "a sportsman's gratification."

**70. Heath, Ambrose, 1891-1969.**

*Good poultry and game dishes: with a note on the cooking of wildfowl / by Ambrose Heath. (London: Faber & Faber, 1953)*

Ambrose Heath says in the "Introductory Note," "Game having now become a rarity, except for the rich, and poultry a penance for the diner-out, these few recipes are offered in the hope that they may help to vary the one and dignify the other." (p. 9)

**71. Lyon, Ninette.**

*Chicken and game / by Ninette Lyon; adapted from the French by Peggie Benton. (London: Faber and Faber for The Cookery Book Club, 1966)*

The dustwrapper of *Chicken and Game* refers to the increasing supply of poultry, but notes, "as chicken prices diminish, so all too often does the flavour of the birds."

**72. The Poultry world annual. (London: Poultry Press, 1924)**

Although this annual has advertisements for "semi-intensive" and "intensive" poultry houses, the modern "battery cages" are a feature of the post-war period. This has caused some consumers, for ethical reasons, to stop buying chicken.

**73. All out for a chick-n-que: cook out recipes / compliments of Your Neighbourly Jewel. (Richmond, Va.: National Broiler Council, [196-])**

An attempt to encourage Americans to try chicken instead of burgers on their barbecues.

## FLAT CASE 6

### Fish

**74. Henderson, W. A. (William Augustus)**

*The housekeeper's instructor; or, universal family cook: being a full and clear display of the art of cookery in all its branches. To which is added, the complete art of carving, illustrated with engravings / by W.A. Henderson. 12th ed. Corrected, revised, and considerably improved ... by Jacob Christopher. (London, J. Stratford, 1804)*

Henderson has a chapter, "The Complete Market-woman" in which he gives tips on how to tell if fish is "fresh or stale," "by the scent from the gills." (p. 357)

**75. Murrey, Thomas J. (Thomas Jefferson)**

*Oysters and fish / by Thomas J. Murrey. 2nd ed. (New York: F.A. Stokes, 1889)*

Murrey recommends serving oysters at table "in the centre of a block of ice. A clear, square block of ice is selected and a cavity or receptacle is made in it by the aid of a hot flat-iron held close to the ice." (p.19)

**76. De Salis, Mrs. (Harriet Anne)**

*Soups and dressed fish à la mode / by Mrs. De Salis. 3rd edition. (London; New York: Longmans, Green, 1890)*

We find among the recipes, one for "Clear Turtle Soup," formerly a very popular dish. It begins, "take half a pound of sun-dried turtle, and let it soak for four days in lukewarm water, changing the water every twelve hours." (p.36-7)

**77. Morphy, Marcelle, Countess.**

*Fish dishes / by Countess Morphy. (Adelphi, [Eng.]: Herbert Joseph, [1939?])*

The introduction covers the various ways of cooking fish and includes recipes for "court-bouillon" with white wine, vinegar, water or milk for use in poaching.



**78. Blackmore, M. A.**

*The cooking of New Zealand fish and other sea foods / by M.A. Blackmore. (Auckland: Whitcombe & Tombs, [1929?])*

This was an attempt to encourage New Zealanders to be more adventurous in their consumption of seafood.

## FLAT CASE 7

### **Vegetables and Vegetarian cookery**

**79. The penny vegetarian cookery, or, Vegetarianism adapted to the working class: containing an introduction, showing the economical and beneficial tendency of vegetarian habits. 6th ed. (Manchester: Published at the office of the Vegetarian Messenger; London: F. Pitman, [1850?])**

The work on display is aimed at the wives of “the industrious working population,” and encourages them to stop cooking meat for their menfolk. The author invokes “the light of science, reason, history and experience,” which shows, “that the nourishment which the flesh of animals affords, makes less substantial flesh than that which is made from the direct productions of the soil.” (p.2)

**80. Kirkland, Katherine, 1808-1892.**

*Vegetarian cookery / by a Lady; with an introduction explanatory of the principles of vegetarianism by Jas. Simpson. 6th ed. (London: Fred Pitman, [186-?])*

The first Vegetarian Society was formed in England in 1847. From the beginning, the movement was characterised by the zeal of its adherents. Sects quickly sprang up. The Vems ate Vegetables, Eggs and Milk; the strict vegetarians called themselves Vegs and excluded all animal products. Some took up the Edenic diet and ate all food raw, and there were many other fiercely promoted variations.

**81. Christian, Eugene, 1860-1930.**

*Uncooked foods & how to use them: a treatise on how to get the highest form of animal energy from food, with recipes for preparation, healthful combinations and menus / by Mr. & Mrs. Eugene Christian. 10th ed. Rev. and enl. (New York: Health-Culture Co.; London: L. N. Fowler & Co., [191-?])*

The authors tell us they took up vegetarianism to restore their health.

**82. Colcord, Anna L.**

*A friend in the kitchen; or, What to cook and how to cook it: containing about 400 choice recipes carefully tested / by Mrs. Anna L. Colcord. (Melbourne : Echo Publishing Co., 1898)*

This was a Melbourne reprint of an American cookbook. The Echo Publishing Co., later, Signs Publishing, was an imprint of the Seventh-Day Adventist Church, which has always promoted vegetarianism.

**83. Blackmore, M. A.**

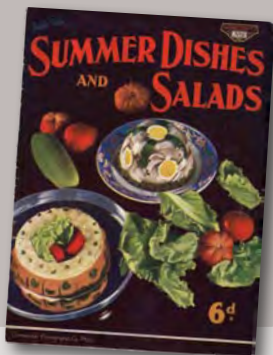
*Vegetable cookery and meatless dishes / by M.A. Blackmore. (Auckland, N.Z. [etc.] Whitcombe and Tombs Ltd. [1927?])*

Many people simply wish to know how best to prepare vegetables. Miss Blackmore was a domestic science teacher and says in her introduction, “if vegetables are wrongly prepared and cooked mineral matter may be lost and the vitamins destroyed, and the vegetables rendered almost valueless as food.” (p. 3)

#### 84. Bennett, Jane.

*Summer dishes and salads* / Jane Bennett.  
(Caulfield [Vic.] : E.H. Baillie, [1933?])

Published by the Melbourne magazine, Table talk, the cover features raw vegetables with two dishes in aspic, garnished with salad.



#### 86. Gunter's modern confectionery: a practical guide to the latest and most improved methods for making the various sweets, compotes, fruit pastes, candies, cakes, biscuits, ices, jellies, syrups, liqueurs, etc. / edited by William Jeanes. 4th ed., with appendix of above seventy-five additional receipts. (London: Dean & Son, [1880])

For most of the 19th century Gunter's was one of the leading London confectioners. This recipe book was prepared by their Chief Confectioner William Jeanes. It includes "designs for preparing and laying out desserts." The frontispiece shows a variety of desserts made from ice and made to resemble pineapples, fresh peaches, cherries etc.

#### 87. Wells, Robert.

*Ornamental confectionery: a guide for bakers, confectioners and pastrycooks, including a variety of modern recipes, and remarks on decorative and coloured work, with upwards of one hundred original designs* / by Robert Wells. 2nd ed. (London: Crosby Lockwood, 1897)

As well as designs for desserts, the plates show the styles then current for bridal cakes.

#### 88. Marshall, Agnes B, 1855-1905.

*The book of ices, including cream and water ices, sorbets, mousses, iced soufflés, and various iced dishes, with names in French and English, and various coloured designs for ices* / by A. B. Marshall (London, Marshall's School of Cookery 1885)

This book gives details of how ices are to be made, using cream, custard or water. By the 19th century ice cream had become fairly common in England, using ice from Norway.

The coloured frontispiece shows a swan ice sculpture and an ice confection made to resemble a bunch of asparagus. Moulds for many shapes were advertised in the book.



## FLAT CASE 8

### Desserts and sweets

#### 85. Jarrin, W. A. (William Alexis), fl. 1820-1843.

*The Italian confectioner or: complete economy of desserts, according to the most modern and approved practice* / by W.A. Jarrin, confectioner. New ed., rev. and enl. (London: E. S. Ebers and Co., 1844)

Guillermo Jarrin was born in Italy and came to London in 1817 to work for Gunter's of Berkeley Square. The book is important for the details of the confectioner's techniques and tools. There are chapters on making fashionable sugar and ice sculptures for the dessert table.

### 89. Australian confectioner.

*Sweet-making: a full and concise collection of choice recipes / by an Australian confectioner. (Melbourne: E.W. Cole, Book Arcade, 1921)*

The Introduction has details of “a mother and daughter” setting themselves up in a sweet shop, and what to do when the trade “begins to fall off.”

### 90. Quick easy Jell-O wonder dishes: entrees, relishes, salads, desserts. (Leroy, N.Y.: General Foods Corporation, 1930)

In the United States, “Jell-O” has become the generic term for jelly dessert.



## FLAT CASE 9

### Baking cakes and biscuits

#### 91. Dainty dishes: a book of selected recipes / by Nestles. (Sydney: Nestles, [192-])

Food companies produced many cookbooks to promote their products. Among the ingredients for the cakes in this recipe book are Nestles condensed milk, cocoa and cream.

#### 92. How to make delicious cakes/ Bushell's Ltd. (Sydney: Bushell's, [1932])

Bushell's are a tea and coffee firm and most of the cake recipes here include coffee.



#### 93. Cocoa recipes. (Sydney: Bushells, [193-?])

This is a chocolate cake recipe book. As well as tea and coffee, Bushell's also marketed cocoa.



#### 94. 87 kitchen inspirations. (Brisbane: Simpson Bros. Pty. Ltd., 1938)

Simpson Bros. had a flour mill in Brisbane. This recipe book is most notable for the cover graphic, in the moderne art style of the period, showing a woman sitting in her kitchen mixing a cake.



**95. Recipes for good eating / the Home Economics Department, Procter and Gamble Co. (Cincinnati, Ohio: Procter and Gamble Co., 1945)**

A recipe book promoting the use of Crisco shortening and cooking oil, with the slogan, "it's digestible."

**96. Marzipan. (Mitcham, Surrey: John F. Renshaw & Co., Ltd., [1951?])**

Marzipan is the almond paste used in cake icing, especially for Christmas and wedding cakes. Included here are many suggestions for marzipan cake decorations, even the unusual choice of icing cakes to resemble a cauliflower and a cabbage.

## FLAT CASE 10

### Bread

**97. Simmons, Owen pseud.**

*The book of bread / by Owen Simmons, F.C.S. (Owen and Owen). [Edition de luxe.] (London: Maclaren & Sons, Offices of the "British Baker", [1903])*

This book was produced for professional bakers, and includes many tipped-in photographs representing ideals of various types of bread.

## FLAT CASE 11

### Drinks

**98. Bouillon-Lagrange, Edme Jean Baptiste, 1764-1844.**

*L'art de composer facilement et à peu de frais les liqueurs de table, les eaux de senteur, et autres objets d'économie domestique / par M. Bouillon-Lagrange. 3e éd. (Paris: J.G. Dentu, 1825)*

Bouillon-Lagrange gives directions for making tea, coffee and chocolate, as well as wines, made from various fruits, and ways of distilling liqueurs, including absinthe (p. 138-141).

**99. Terrington, William.**

*Cooling cups and dainty drinks: collection of recipes for "cups" and other compounded drinks, and of general information on beverages of all kinds / by William Terrington. (London; New York: George Routledge, 1870)*

The Victorian era saw a fashion for "cups," usually a wine-based drink that was flavoured with sugar and spices. Also found here are recipes for punches.

**100. Vizetelly, Henry, 1820-1894.**

*Facts about champagne and other sparkling wines: collected during numerous visits to the champagne and other viticultural districts of France, and the principal remaining wine-producing countries of Europe / by Henry Vizetelly. (London: Ward, Lock, 1879)*

Vizetelly asserts that "fine, dry champagnes are among the safest wines ... Any intoxicating effects are rapid but exceedingly transient." (p. 214) He quotes a doctor on its medical value. "Who does not know the misery, the helplessness of that abominable ailment, influenza, whether a severe cold or the genuine epidemic? Let the faculty dispute about the best remedy if they please; but a sensible man with a bottle of champagne will beat them all." (p. 215)

**101. James, Walter.**

*Wine in Australia: a handbook / by Walter James; maps by Douglas Seabrook. (Melbourne: Georgian House, 1952)*

After phylloxera had swept through the Australian vineyards in the late 19th century, the local wine industry was in decline. It was not until the 1950s when tastes were moving from fortified wines to the reds and whites we know today, that Australian wines came back into vogue.

## 102. Australian Wine Board.

*Life is more pleasant with wine: signposts to wines, wine buying, wine serving and wine in cooking / [Australian Wine Board]. (Sydney, N.S.W.: Australian Wine Board, [1955?])*

This book was published as part of a campaign designed to educate Australians about what wine to serve and when.

## 103. Usher's Hotel (Sydney, N.S.W.)

*Exclusive cocktails from the recipes of Usher's Hotel, Sydney, Australia / illustrations by J.C. Bancks. (Sydney: Usher's Hotel, [193-?])*

Cocktails became the fashion in the period between the wars. In 1931, Sydney's Usher's Hotel commissioned Bancks, the creator of the comic strip Ginger Meggs, to illustrate a booklet for their cocktail recipes.



## SMALL UPRIGHT CASE Australian celebrities

### 104. Erlich, Rita.

*The art of the cake : Paris pâtisseries / Rita Erlich & Mary Newsome. (Toorak, Vic.: Villa Modeste Workshop, 1999)*

One of Mary Newsome's beautiful artist's books. This is presented as a box of expensive "Parisian pâtisseries." The illustrations are a series of Mary Newsome's artworks of cakes with descriptive text by Rita Erlich.

### 105. Dunstan, Don, 1926-1999.

*Don Dunstan's cookbook / drawings by Robert Ingpen. (Adelaide: Rigby, 1976)*

Don Dunstan was the Premier of South Australia in 1967-1968 and 1970-1979. He was a charismatic figure with a cosmopolitan image. His cookbook includes many international dishes. After retirement from politics he opened a restaurant, "Don's Table" in Adelaide, in 1994.

### 106. Alexander, Stephanie, 1940-

*Stephanie's feasts and stories / Stephanie Alexander. (Sydney: Allen & Unwin/Haynes, 1988)*

Stephanie Alexander is probably the best-known Australian cook. Her first book, Stephanie's Menus for Food Lovers, appeared in 1985. Feasts and Stories was her third book. The recipes included are drawn from her travels and present food as an international experience.

### 107. Michell, Alexandra, 1940-

*Particular picnics / Alexandra Michell; photography by John Hay. (Melbourne: Nelson, 1985)*

Sandy Michell is the inspiration behind this exhibition. Sandy studied cooking at Le Cordon Bleu, La Varenne and Ecole Lenôtre in Paris, and was the owner and chef at Terry's (later Lynch's) in South Yarra. She has written six cookery books. This one gives recipes and tips for organising picnics and other forms of outdoor eating, such as pool parties.

## CORRIDOR CASES

### Magazines

On display here is a selection from Rare Books magazine holdings, including copies of The Epicurean, "the official magazine of the Wine and Food Society of Australia," which ran from 1966 to 1996.

## MUSIC AND MULTIMEDIA DISPLAY CASE (GROUND FLOOR)

### International cookery

On display is a selection of cookbooks of international cuisine. Additionally, the Asian Studies Research Collection holds Asian language cookbooks, several of which are on display on the floor below.



# MONASH University

## Library

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The Rare Books Collection comprises material considered rare because of age, uniqueness or physical beauty. Housed in the Sir Louis Matheson Library on the Clayton campus, the collection provides a reading room for researchers and is supported by a team of rare books librarians. For more information visit [www.lib.monash.edu/rare](http://www.lib.monash.edu/rare).

**Cover image:** Illustration from Mrs. Isabella Beeton's *The book of household management: comprising information for the mistress, housekeeper, cook, kitchen maid, butler, governess* (London, 1901)