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Kucheheiser: Cake and Mead Shop Traditions

A major tradition has totally disappeared from southeastern Pennsylvania, that of the Cake and Mead shop. It was here until the last quarter of the nineteenth century, but probably no one alive remembers it from first hand experience. Of the myriad of women and men who once kept cake and mead shops, only a few have ever had their name in print, or recently had a story related about them. A few of the surviving stories give us a glimpse of cake shop life.

Cake and mead shops once dotted the towns and villages of inland Pennsylvania. They were quite an institution and left behind many pleasant memories. In York at one time, "Signs called '*kochen schilts*' greeted your vision in all parts of town. On these signs were painted a black bottle, out of the mouth of which flowed a stream of beer into a tumbler, and alongside was a ginger cake, four cigars, and a sugar horse or a poll parrot painted. Here you could feast and drink your fill, all for a fip-penny bit (6 ¼ cents)." In them, "ginger and sugar cakes, with sweet small beer was abundant."¹

A sign outside a mead shop in Germantown had a memorable comment.

Caspar Moyer lived in a small house on the west side of Germantown Avenue, a little above Herman Street, where one Mary Moyer had a shop. Her sign was sufficiently unique to rescue it from the oblivion of time.

I, Mary Moyer, keep cakes and beer;
I make my sign a little wider,
to let you know I sell good cider.²

Widow Housum had a sign by the door of her shop in Chambersburg. It listed "Ale and Porter, Small Beer, Mead and Cakes," as some of the wares she had available in her once well known cake shop.³

A cake shop in Fredericksburg, Lebanon County, Pennsylvania. that stood on "the northwest corner of Market Square . . . in the first half of the nineteenth century [was] a steep-roofed, brownish-red, one-storied house. . . .

[It] was the residence of Michael Stroh and his wife, whose maiden name was Rudy." Mrs. Stroh was known to all the boys and girls of the village as Mammy Stroh, and everyone loved her and her large and comfortable sitting-room, as well as the toothsome wares which she sold there. These consisted of sweet cookies, "mintsticks," and black molasses candy, called "mozhey."

She also made and sold a sweet drink, known as mead, which was a veritable nectar to young palates. She wore a snow-white cap with a big ruffle, or frill, which surrounded her kind, brown, wrinkled, motherly, old face as with a halo of glory. Her room was heated by means of a big, old-fashioned stove, and the fuel burned in it was white oak and solid hickory wood. For a youth of romantic seventeen to sit on the shiny, old-fashioned, red wood-chest, behind that warm stove next to a girl of sweet sixteen was like enjoying a seat beside a redeemed Peri in Paradise, and the buzzing of the fire in the old wood-stove was like music falling upon the ears of the blest!⁴

Mammy Stroh's parlor was a sort of trysting place for the Dutch lads and lassies, and many an acquaintance begun there in the dim light of her fat-lamp ripened into friendship and the closer ties of love. Many a matrimonial match had its beginning in Mistress Stroh's cake-parlor over a glass of spicy mead, and a delicious "Leb-kuche," paid for by the boy's copper pennies.

A cake and beer shop kept by "Granny" Mary Forney stood on the corner of Main Street and Cherry Alley in Annville.

The east front room of the dwelling house, fronting on Main Street, served as Granny's Shop, where she cheered the hearts of her patrons. . . . The furniture was plain and simple. Back of the front door stood a high bureau or chest of drawers, in which she kept many articles for sale. At the other end of the room stood a high cupboard with shelves above and drawers below. The door had wooden panels—no glass. A few dishes and tumblers graced the shelves. These were necessary, when a couple or small party partook of refreshment at a fall leaf table. A few old-style chairs painted green, with fruit and flower designs on the top of the back were in the room. She never had a sign in front of her shop.⁵

Anna Maria Baldy kept a cake house in Reading and her estate inventory gives some idea of the contents of a cake shop in Reading in 1788.

A True and Perfect Inventory and Appraisement of the Personal Estate of Anna Maria Baldy late of the Borough of Reading in Berks County widow deceased appraised the 22 July 1788.

One Case of Drawers	2-5-0
one Chist	0-17-6
one Dough Trough	0-7-6
one Corner Cupboard	1-5-0

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one red Table with Drawers	0-15-0
Five old Chairs	0-10-0
two Ginn Boxes	0-3-9
Eleven hundred Pine Shingles	2-15-0
one Kitchen Dresser	0-2-6
two old do Cupboards	0-7-6
an old Table & Bench in the Kitchen	0-1-6
one Barrel	0-3-9
two Keggs	0-3-9
some old Boxes and Kegs &c in Yard	0-5-0
2 Spades, an Ax, Hatchet & Dung fork	0-6-0
one Steelyards	0-7-6
one Hand Saw	0-1-6
all the owl Kegs in the Garret	0-3-9
one uper Bed of Feathers one Boulster	
2 Pillows, 1 sheet & Chaf Bed	3-0-0
one do Boulsters, Pillows Sheet & Bedstead	2-10-0
two Iron Tea Kittles	0-10-0
two pair Waffel Irons	0-5-0
six Iron Potts	1-16-0
two Pair Boot Strecher &	
a quantity of Shoemakers Tools	0-2-6
a quantity of Last maker Tools	0-7-6
one Spinning Wheel	0-1-6
one watering Pott	0-2-6
a close line & Basket	0-5-0
six Baskets, a Scale and Hachell	<u>0-7-6</u>
Carried forward	£20-9-0
 [page 2] Amount brought forward	 20-9-0
12 Bushels of Wheat & 2 Bags	0-17-0
a quantity of dried Apples, Peaches & Cherrys &c.	0-10-0
a quantity of Beans, dried Plumbs & Cherrys	0-12-0
a Box with old Iron	0-7-6
a quantity of Chesnuts & Haslnuts	0-2-0
a quantity of Ground Nuts	0-5-0
3 Pots with Honey	0-15-0
some Pott Ash	0-4-0
some wraping paper	0-3-6
30 Besoms ⁶	0-5-0
a Pair of old Boots	0-5-0
a Clock Reel	0-3-9
a Table in Garret	0-2-0
some Salt	0-3-0
some silver Sand	0-2-6

Festschrift for Earl C. Haag

some Bran	0-3-0
two Swine	0-15-0
one Red, white & black coulered Coverlid	1-2-6
one Counter Pain for a bed	1-0-0
one set old Green bed Curtains	0-5-0
a old Blanket	0-3-0
a bundle of Linnen Yarn	0-7-6
a quantity of Amons, Nuts, Reasons, Sweet Cakes &c.	1-10-0
4 old Toy Boxes	0-2-0
a number of Cake Molds & plates	0-12-6
9 Delf Plates	0-1-3
3 Tea Pots Cream Jugg &c.	0-2-0
some small boxes Snuff	0-3-9
6 Pewter Plates & one Tea Pott & Soup Dish	0-15-0
a white Quart & pint 1 Tumbler, Pint decanter & Green Bottle	0-5-0
6 Pewter Plates	0-9-0
3 do Dishes & 23 Spoons	0-12-6
Carried forward	£36-15-3
[page 3] Amount brought forward.	£36-15-3
one Copper Tea Kettle	0-7-6
one Iron do	0-6-0
3 Iron Potts & 3 Skillets	0-15-0
2 do do & Bake Plank	0-12-6
2 frying Pans 1 roaster, a Box Iron & flat Iron	0-12-6
2 Pewter Pints, a Candle Mold & some Tin Ware	0-12-0
a Coffee Pott, Pepper Mill & Canister	0-3-6
2 Pott Racks, 2 Candlesticks & Snuffers	0-7-6
a Keg of Reasons	2-2-6
a Copper Cullender, 2 Skimmers & 3 ladles	0-5-0
2 lbs Candles	0-2-0
some Potts with Butter, lard & some Trumpery in Cellar	0-7-6
6 Baskets small	0-2-6
2 Tubs & a Bucket	0-7-6
1 ½ lbs Feathers	0-5-0
a Tin Scale & some small Weights	0-2-0
a Cloaths Press	[?]0-8-0
some Childrens toys	0-1-0
2 pair Specks	0-0-6

[At this point the account lists of several hundred £ in silver and gold and several hundred £ in bonds out on

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loan, as well as book debts which have not been reproduced here.]

[page 4] Amount brought forward	£444-4-8
[More book debts then:]	
half Doz. Knives & Forks, Tea Cups & also Bread Baskets Earthen Ware &c.	0-10-0
two Curtain Rods	0-2-0
Total	£474-15-47

Maria's inventory is of particular interest for several reasons. Finished foods are rarely mentioned in estate inventories, and this document has one of those rare mentions of "Sweet Cakes." In addition, 1788 is an early date for the mention of Potash, a leavening for sweet cakes. Honey was the only sweetener in her house, so she was making her metheglin or mead as well as her "Sweet Cakes" with honey. Since hers was a commercial operation, and she spent much time in the kitchen, she had two items not usually found there, a table and a bench. Several decades later benches and tables in the kitchen would become commonplace in most homes.

Years later the keeper of another cake shop, "Mam Bright," wife of Michael Bright, had a one story log house on the south side of Penn Street below Third in Reading. On the west side of the house was a large yard with tall trees and benches under them.

[This was a popular] resort for old and young, married and single. Husbands took their families there and young men their sweethearts, to sit under the trees and enjoy themselves eating honey cake and drinking mead. The honey for the mead and cakes was for a long while bought at William and Isaac Eckert's grocery store, Fourth and Penn streets, and water was procured from the pump still standing, now painted green, in front of John Brown's premises, Penn street between Third and Fourth. Mrs. Bright used to say that no other water in the town was fit to make mead with.

As many as fifty to one hundred people were to be seen there sipping mead at a time.⁸

Fortunately Mam Bright's recipe for her "Soft Ginger Bread" cakes survives. To make them take:

- 2 quats [*sic*] of molasses
- ½ lb of Butter
- 2 Tablespoons of Soda
- 2 Teacups of milk
- Warm the molasses
- Don't make the Dough stiff
- Cut in shapes
- Bake⁹

The recipe for another of Mrs. Bright's cakes was also recorded by Louisa Schoener.

Mrs. Brights Funnel Jumbles

1 lb of Sugar

1 lb of Butter

6 Eggs

1 ¼ lb of Flour

1 Teacup of Thick Milk

1 Teaspoon of Bake Soda Stird in the Milk

Spice to your Taster¹⁰

Chambersburg had its cake shops, too. H. L. Fisher's mother took him to town for the first time when he was seven years old in May 1829. At Mrs. Reischer's Cake and Mead shop she bought him a pocket knife and a handkerchief, and refreshed him with small beer and large ginger cakes.¹¹

Recalling the mead shops in Adamstown, Sebastian Miller, born there in 1814, gave this account:

We boys spent most of our evenings at the 'kucha heiser' (cake houses) of the town. It was not customary for the young men to lounge at the hotels and stores, as the older men did, in fact they would not tolerate us. So the cake houses were supported by the patronage of the young men. At these places you could buy cakes, small beer, candy and tobacco. Resorts of this sort were kept open until late in the evening. Games were sometimes played, but we principally amused ourselves by our conversation. Adamstown used to have two cake houses. One was kept by Sofia Rieger, and the other by Susanna Mengel, both being widows. Their only means of support was this business.¹²

Here Miller has pointed out one of the few ways widows could support themselves. In this period before the introduction of factories, keeping a shop selling cakes and other things was a way to earn a reasonable income. At this time business was dominated by men, and almost no woman would undertake farming on her own either. There were exceptions of course.

Some women sold things other than cakes and mead, as this 1810 account describes:

An aged lady who was known as "Old Mother Schreffler," lived in the house [on the south side of Penn Street between sixth and Seventh], and this was a favorite resort of the boys, where they were in the habit of spending their pennies for 'hutzlen bree' as it was called. This dish consisted of stewed dried fruit being chiefly peaches, interspersed with a few cherries. It was served in a saucer and eaten with a leaden spoon. (1 peach & an half dozen cherries for a penny).¹³

In urban cake shops some women baked pies for sale. Lewis Miller noted that in his youth in York they were within reach of the boys' budgets. "Mistress Scheffle made pies for sale in the bake oven. She made them large for one cent a pie. We boys bought them and one would satisfy and fill us and want no more. Our appetite was gone to [*sic*]. Eat pies in 1806. It was in South Duke Street."¹⁴

Historian A. S. Brendle lists the owners of the Schaefferstown "Cake shops—Mrs. Brownawell, Mrs. Jacob Mantel, Mrs. Philip Mock, and Mrs. Michael Dissinger."¹⁵ Catherine (Mrs. Philip) Mock's cake and mead shop manuscript book from Schaefferstown survives to give us the an idea of the recipes for the cakes and drinks that were available in these village *Kucheheiser*. Catharine Mock kept her recipes in German script in a book from which she made these cakes, candy and drinks; Horsemen Cakes, Lady Fingers, Pound Cakes, Red Honey Cakes, White Honey Cakes, Honey Cakes, Molasses Cakes, Pepper Nuts, Quint Cakes, Sugar Cookies, Cream Cakes, Lemon Cakes, None So Good, Corn Cobs, Cup Cakes, Rolls, Rusks, Biscuits, Mint Drops, Beer, Alley Beer, Cold Beer, Strong Beer and Mead.¹⁶

It is worth noting that Catharine does not call any of her cakes *Lebkuchen*, and only seldom did she use any flavoring beyond honey, molasses, sugar or some citrus fruit.

While George Lauck was an apprentice to weaver John Smith in Schaefferstown in 1825, he wrote cake recipes on several pages in the back of his weaving pattern book.¹⁷ His little cakes are seasoned in a fashion similar to Mrs. Mock's, except his biscuit recipe has a teaspoonful of cinnamon.

Lebanon, Pennsylvania too, had its cake shops, and "Some of our older people may yet remember 'Mother' [Louisa] Graeff (b. 1818) and her little candy store on Cumberland Street west of Ninth. She always carried a stock of Leb-Kuche with her candies."¹⁸ Louisa Graeff's cake shop recipe book survives and contains three "Ginger Cake" recipes. It is impossible to know which of the three Mrs. Hark supposed her readers remembered. The following recipe with plenty of flavor produces more than ten pounds of *Lebkuchen*.

Hart ginger Cakes at 15 cts per lb.

2 qt Molasses

1 ½ lb sugar

1 ½ butter

1 oz. Salaratus

2 oz. Ginger, the same quantity cinnamon, do alsipice

1 oz orangepeal

½ oz gloves

Flour 7 lbs.¹⁹

The earliest recipes for *Lebkuchen* in Pennsylvania come from the early nineteenth century and all contain molasses as the sweetener, pearl ash as the leavening and ginger as the spice. Additionally they contain flour, butter and milk. About 1830 the use of Saleratus began, then they all were made with sour milk. Then cinnamon and cloves came into many cake recipes. The recipe from Louisa Graeff above is fairly typical of this second generation *Lebkuchen*.

The earlier version of *Lebkuchen* comes from papers from Sam Person's tavern in Newmanstown, in Lebanon County from about 1820. It produces a large batch typical of what cake shops needed. A single batch of dough weighed just over 33 pounds. Recipe:

1 gallon Molasses

14 lb. fine flour

2 lb. butter

¼ lb. Potash

4 quarts Milk

2 spoonfuls of ginger

one ounce of cloves

Heat the oven as hot as you would for bread. Test it with flour until it turns yellow.²⁰

An additional recipe for *Lebkuchen* from Juniata County about 1830 is similar, but contains several details about making them that Sam Person knew, but did not bother to write.

Leb Kuchen from Mrs. Knaus

Take:

1 quart Molasses

1 pint sour milk or butter milk

2 eating spoonfuls cream

1 ounce Potash

1 teaspoonful ginger

1 teaspoonful burned alum

The last two items are dispersed in the milk

¼ pound of melted butter

The yolk of one egg

Dissolve the potash in the milk. Put the molasses, the milk with the cream, potash, and the egg yolk into a crock that will hold at least one gallon, and stir it together well. Then add the ginger and alum and stir again. Finally, add the warmed butter, and stir until it forms a good foam. Then add the amount of flour you think right, and stir it until you have a clear dough, however not too stiff. Then set it in the cellar at a cool place.

The next morning, roll it out one finger thick, and cut it out with what ever cutters please you. Before you put the cakes into the oven, paint the tops with a solution of water and molasses.

The oven is tested by this method. Put one or two cakes into the oven. They are well baked, if a dimple made with the finger will come out again. If it does not, they are not baked through.²¹

Another popular cake from the beginning of the nineteenth century was the *Peffernis* called in English pepper nuts or Pepper Nessels. Recipes for these cakes were given in Lancaster County manuscripts by Rosana Hubley, Sarah Yeats and Maria Bollinger, in Lebanon County by Catharine Mock, George Lauck, and Mary A. Bowman, and in Berks County by Mary Elizabeth Hiestler. The recipe for *Peffernis* in George Lauck's weaver's draft book assumes the baker understands the addition of the required amount of flour.

Pepper Nuts

1 pound sugar
½ pound butter
¼ quart sweet milk
1 teaspoonful potash
2 eggs²²

Sarah Yeats's recipe assumes less and gives a few more details. Her first method has no leavening even though it calls for sour cream. She calls her Pepper Nuts "Pepper Nessels." To make them you take:

5 ½ of Cinnamon
½ jill rose water
beat up 3 Eggs
first add 1 ½ lbs Sugar
½ lb Butter made soft & worked into a jill
Sour Cream, and work in 4 handfulls Flour
Make it in a paste & cut out in forms²³

Sarah collected another recipe, which she labeled "Pepper Nessels Best."

4 double handfulls of flour
¾ lb. Butter
1 lb box sugar
a tablespoonful of cinnamon ground and a tablespoonful of
Carraway Seed
half a gill of rose water
potash as big as a hickory nut soaked in a tablespoonful of milk
a small tea cup of milk
4 eggs beat up to a froth & put in a hole in the middle

Take butter cold and rub it in the flour, as much as it will rub fine in, rowl it out and grate loaf sugar over it, just rowl [*sic*] the sugar lightly over."²⁴

Southeastern Pennsylvania had cake shops scattered throughout, but the closed Moravian community in Bethlehem had conscience against such "unnecessary" institutions. In 1764 the Moravians allowed Brother Kunkler to open a *Schmier* Store in addition to the Stranger Store for outsiders, but the ever careful community elders directed that he keep "no unnecessary wares for sale, such as baked sugar."²⁵

In order to produce the wares available in the *Kucheheiser* a number of imported goods were needed. Larger towns had stores which supplied cake shops with the dried fruit, nuts and spices for their cakes, drinks and candy. In Lancaster city the Heinitsch apothecary was one source of these supplies. The apothecary account books and "Memorandum Book" shed light on the local mead shop activities. The Heinitsches mention only that they were buying from suppliers in Philadelphia, but never indicate where those suppliers obtained their wares. From 1809 to 1820, thirteen people, both men and women, bought quantities of filberts, almonds, figs, raisins, prunes, and currants for their cakes. To flavor their cakes and drinks they also bought allspice, cinnamon, cloves, ginger root, nutmeg and pepper. Some of these same buyers also bought candy for resale: mintsticks, mint drops, lemon candy, sugar candy, rock candy, and love letters. The love letters had printed messages similar to the present day Valentine's Day candies.²⁶

Not all cake shops were kept by women and one in Lititz kept by men sold special baked items. "Their board was good and wholesome, and in all the wide world there were no such pretzels and 'streissel cakes' as could be had at the cake shop of old Mr. Peterson and his successor John William Rauch."²⁷ Apparently the Lititz Moravian powers-that-be were less opposed to "Baked sugar" than their brethren in Bethlehem. Their popularity continued for years. Just before Christmas 1858 in Lititz, there were long lines of young people waiting to get into, "a cake shop and confectionary, famous throughout the entire region for its spongy, delicate, copiously sugared 'streisslers.'" In addition to streisslers, the shop also sold, "crisp, brittle, highly seasoned 'pretzels'—its so called sand tarts, 'shrewberrys,' and other gastronomic peculiarities."²⁸ The *Lancaster Moravian Cook Book* of 1910 has the following recipe for *Streitzlers*.

One quart of flour (scalded in water in which is a small
handful of hops)
one cake of Fleischmann's yeast; set to raise in the evening
two pounds of soft white sugar
one quart and one pint of milk, warmed
add a little salt

In the morning mix one quart of milk, two pounds butter, two
pounds and two ounces of sugar, warmed.

For the top of streitzler use one pound of butter and one pound of

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sugar, cinnamon to taste; gives one hundred and fifty cakes.

Mrs. H. P. Eichler²⁹

To make *Streitzlers* a number of pounds of flour had to be added to the above recipe. Also it is clear that the recipe was intended as a guide for someone who had made them often. First, the recipe fails to say that flour had to be added to make a soft dough in kneading and working it the morning after the sponge had been set. In forming individual cakes from the batch, one had to know how large to make each cake in order to have the batch yield one hundred and fifty. You also had to know how long and at what temperature they had to be baked. Such a large recipe was intended for either a Moravian congregation, or a cake shop.

The Moravian church has a practice of long standing known as the Love Feast in which these "Streissler Cakes" are part of the service. Colonel John May attended just such a service in 1788 in Bethlehem.

We had a formal invitation to attend the love-feast in the afternoon. . . . The observance of a feast of this sort is a privilege the young misses have every 17th of August. It happened this year on Sunday. The little ones . . . excelled in beauty. . . . After they had chanted their hymns for about an hour, the great doors were swung open, and three pairs of maiden ladies appeared, each pair bringing between them a basket filled with large cakes, which they handed round to each miss and elderly lady. Soon after, two of the brothers came in, and in like manner handed the cakes to the gentlemen, and then withdrawing. In a short time, all returned with salvers of excellent coffee, and handed it round. This ceremony over, they sung again; and then there was an anthem, . . . and the assembly broke up."³⁰

One innovative cake baker, Mammy Zorger, from Lewisberry in northern York County was remembered for a culinary invention that out lived her. "Mammy Zorger" introduced the "white sugar cake," which was an event in the art of cooking. She won the prize for the best cakes."³¹ A recipe from Adams County is entitled Sugar Cake, and is from the area southwest of Mammy Zorger's cake shop, but is probably close to what gained her fame. Zorger's recipe seems to have disappeared.

Sugar Cake

One pint sugar

½ pint butter

4 eggs, teaspoon full saleratus dissolved in a small cup full
sour cream

As much flour as will stiffen to roll them, work the salt out of your butter rub it with the sugar into the flour; then add your eggs (well beaten) & the cream, flavor with rose water or essence of lemon.³²

The published edition of this recipe includes a modern adaptation that makes a drop cookie rather than the intended rolled cake. A little more flour produces a stiffer dough and thus a rolled cake. The rolled cakes were cut out with cutters in special shapes.

The following recipe would make a whiter cake than the above recipe, because it uses no egg yolk, which would give the cake a yellow color.

For Zucker Kugen zu baken

3 Punt Zuker

Nem for 3 sent Sellereten

das Weis fon 4 aer

Ein Kwart diki Millig

Ein Halb punt butter

(To bake Sugar Cakes Three pounds sugar, Take 3 cents worth Sal-
eratus, the whites of four eggs, One quart thick milk, one half pound
butter.)³³

Both Metheglin and Mead were honey beers. In English Metheglin was made with spices and mead was made without spices. However, as you will see Pennsylvania Germans were certainly not controlled by English naming conventions. The drink with spices was the one more commonly made and was usually called mead.

Mead was a sparkling and very palatable beverage, when at the proper stage of ripeness, but when it got much beyond that stage, the drinker needed to keep his mouth open and his head thrown back if he did not wish to risk serious consequences, for if he kept his mouth closed the rush of gas through his nose would produce a snort furious enough to scare a war horse.³⁴

The earliest version, but not the earliest recipe, is included in an anonymous manuscript from the 1820s.

To make 20 quarts of Mead Take Five gallons of water, one gallon of Honey, one Tea cup full of cloves, one do of Alspice. Boil the water; add the honey. Boil the spices separate in about half a gallon of water for fifteen minutes, strain it. Then put the two liquors together; add when cold a tea cup full of Brewers yeast and as the yeast rises skim it off Clean. In about two days it will be about fit to bottle. You must get a keg and saw it in half and then put a spigot in one side of it near the bottom. When your mead is fit to bottle, you must draw it off instead of pouring it off for there is generally a great deal of sediment, but by doing this your mead comes out clear. You must always bear in mind that all the liquors or parts are to be boiled separate and when they are boiled, pour them together, and as your yeast raises skim it off until it is quite clear.³⁵

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A recipe for the drink without spices comes from northern Montgomery County.

To make Matticklom Prepare a honey water solution strong enough to bear an egg. When the egg remains floating on its side, add just enough water to cause the egg to sink and stand upright. Boil this water for three hours. Skim the scum and foam off. Let it stand until it is cold. Put it into a barrel [some where here the recipe should indicate that some quantity of yeast be added after it has cooled to about 25 degrees C], and tap it off from the yeast dregs in the spring in March when the full moon stands in the descent. Then it will keep long, so that the older it is the better it becomes.³⁶

Mead shops provided several things to the residents of Pennsylvania towns and villages in the eighteenth and nineteenth centuries. They were one way for widows to earn a living, and they provided the community with sweets and small beers. They also gave teenage boys a place to enjoy each others company as well as a place for them to entertain their sweethearts for a few pennies. Now that they are gone, everyone can probably name many shops that have taken their place, but the modern substitutes are a pale shadow compared to the Cake and Mead shops of yore.

Notes

¹D. K. Noell, *York Gazette* of 19 August 1895 remembering the period around 1820.

²"A list of the Inhabitants of Germantown and Chestnut Hill in 1809," *The Pennsylvania Magazine of History and Biography* 15, no. 4 (1891): 474.

³William Woys Weaver, *Sauerkraut Yankees Pennsylvania German Foods and Foodways*, (Philadelphia: University of Pennsylvania Press, 1983), 189. Weaver is quoting John M. Cooper, *Recollections of Chambersburg, PA, Chiefly between the years 1830–1850* (Chambersburg, PA: A. Nevin Pomeroy, 1900).

⁴Mary (Rudy) Stroh was born 26 January 1800 and died 25 April 1874. Ezra Light Grumbine, *Stories of Old Stumpstown; A History of Interesting Events, Traditions and Anecdotes of Early Fredericksburg, Known for Many Years As Stumpstown; Read Before the Lebanon County Historical Society in Three Installments on Oct. 15, 1909, on June 17 and on Aug. 19, 1910* (Lebanon, PA: Lebanon County Historical Society, 1910), "Cakes and Beer—Mammy Stroh," vol. 5, 37.

⁵Thos. S. Stein, "Granny Forney's Cake and Beer Shop," paper read before the Lebanon County Historical Society 14 January 1927, 245–46. Mary Martin Forney was born in August 1794 and died 17 April 1872.

⁶Besom is a broom, probably a hickory splint model.

⁷These estate papers are filed in a folder labeled "Mary Baldy 1788" in the Register of Wills Office in Reading, PA.

⁸Recollections of Wm. H. Norton in the *Reading Gazette and Democrat*, 3 July 1875. 'Mam Bright' was Barbara Miller born in 1783, married Michael Bright and died in 1870.

⁹The recipe titled "Mrs. M. Brights Soft Ginger Bread" is preserved on page 115 in Louisa B. Schoener's manuscript collection of recipes. Louisa lived with her family at what is now 125 North Fourth Street in Reading about four blocks from Mam Bright's cake shop on

Penn Street below Third. These two women were contemporaries, but Louisa was more than a generation younger.

¹⁰ Louisa B. Schoener recipes, 24.

¹¹ Don Yoder, *The Picture Bible of Ludwig Denig A Pennsylvania German Emblem Book* (New York: Hudson Hills Press, 1990), 27. Yoder is quoting Henry Lee Fisher's centennial of Franklin County speech given 9 September 1884 in Chambersburg. The speech with the reminiscence of his first visit to Chambersburg was published in the *Valley Spirit*, 17 September 1884 and contained in a scrapbook at the Historical Society of Pennsylvania called *Franklin County, Pennsylvania Newspaper Clippings*.

¹² *Pennsylvania Dutchman* 4, no. 13 (April 1953): 16.

¹³ From George Heller's reminiscences of seventy years ago recorded in 1880 in the A. S. Jones scrapbook vol. 1, 111, Berks County Historical Society.

¹⁴ In the Shoemaker "pie" file at Ursinus is a note that he found this comment in a Lewis Miller volume at the York County Historical Society. This illustration is not contained in Shelley's published edition of Lewis Miller's works.

¹⁵ A. S. Brendle, Esq., *A Brief History of Schaefferstown* (York, PA: 1901), 33.

¹⁶ The Catharine Mock manuscript cookbook is in the collection of Historic Schaefferstown.

¹⁷ George Lauck's weaving draft book dated 1825 is in the Smithsonian Institution, the Museum of American History, textile division.

¹⁸ Mrs. J. Max Hark [Milla Theresa (Crosta) Hark], "Cooking Utensils and Cookery of Our Grandmothers" (Lebanon: Lebanon County Historical Society, 1914), vol. 6, 230

¹⁹ Graeff manuscript [12].

²⁰ Manuscript recipe circa 1820, from Newmanstown, PA. Included in the papers and account book of Sem Person, tavern keeper and one time mason.

²¹ *Leb Kuchen von Frau Knausin Mann nimt 1 Quart Malasses 1 Pint dike oder Butter Milch 2 Ess löffel Rahm 1 onz Pottasche 1 Thee Löffel Ingber 1 Thee Löffel gebranten allaun Letztere 2 Artikel werden in Milch aufgelöst ¼ lb Butter zergehen lassen aus einem Ey das Gelbe. Die Pottasche in Milch aufgelöst. Der Malasses, die Milch mit dem Rahm die Pottasche und das Gelbe vom Ey werden zu erst in einen Hafen gethan der wenigstens ein Galle Halt, und guth durch ein ander gerührt, dann Komt der Ingber und allaun hinein und nun rührt man es, Zulezt thut man den warm gemacheten Butter hinein. Und dann rührt man es so lange bis es recht schäumt, hernach thut man mehl nach Gutdünken daran, und rühret es dass es einen rechten klaren Teig gibt, jedoch nicht zu steif; nun stelt man diesen Teig in den Keller an einen kühlen Ort. Den andern Morgen roelt man solches Fingers dick aus, und modelt solche nach Blieben, ehe die Kuchen in den Ofen Kommen, werden sie mit Malasses und wasser bestrichen. Man Probiert den offen auf folgende art, man thut ein oder zwey Kuchen in den offen: sind solche gut gebacken so muss eine Daze die man mit den Finger macht wieder heraus geben, wann diss nicht geschiehet, so sind solche nicht gar.* Elisabeth Noetling's nee Zulauf Manuscript recipe book 1830–32 of Tuscarora Valley, Mifflin County, Pennsylvania (later that section became Juniata County). Elisabeth Zulauf was born in Newberry Township, York County, Pennsylvania about 1798 a daughter of Johannes Zulauf and his wife Margaret Spahr. Elisabeth lived in Milford Township, Mifflin County when she married Dr. William Noetling about 1830. Her mother, Margaret Spahr (1767–1841) was from Alsace Township, Berks County according to *History of St. Claire County, Illinois* (Philadelphia: Brink, McDonough & Co., 1881), 220–21. Elizabeth's birth date comes from an approximation by Rev. Nelson R. Sulouff on his web site on the "Sulouffs and Suloffs in America" on the internet. Rev. Nelson Sulouff says Johannes and Margaret Zulauf lived in Robeson Township Berks County after they were married, before moving west, first in 1792 to Newberry Township, York County and then north to Juniata County in about 1802. The 206 acre Zulauf farm was on the north bank of the Tuscarora Creek.

Kucheheiser: *Cake and Mead Shop Traditions*

²² George Lauck's weaving draft book dated 1825. The recipe in the original says; "Peffer nis 1 Punt zucker 2/4 Punt butter Ein fadal Kwart siese Milch Ein teläffel vol Pottesche 2 ääer." Catharine Mock's recipe from the same era and village is nearly identical, except Catherine's calls for potash "the size of a hazelnut." Catharine Mock Recipe Book, 8.

²³ Sarah Yeats manuscript, 180.

²⁴ Ibid.

²⁵ Katherine Carte Engel, "The Strangers' Store Moral Capitalism in Moravian Bethlehem, 1753–1755," *Early American Studies: An Interdisciplinary Journal* 1, no. 1 (Spring 2003): 120.

²⁶ The information in this section was extracted from the Heinitsh account books, in a private collection.

²⁷ Simon P. Eby, "John Beck, A Pioneer Educator of Lancaster County," *Christian Culture*, 1 August 1890.

²⁸ Philadelphia *Evening Bulletin*, 24 December 1858, quoted in Alfred L. Shoemaker, *Christmas in Pennsylvania: A Folk-Cultural Study* (Kutztown, PA: Pennsylvania Folklife Society, 1959), 107.

²⁹ *Moravian Cook Book of Tried Recipes*, 2d ed. (Lancaster, PA: Achey and Gorrecht, 1910), 125.

³⁰ John May, Rev. Richard S. Edes and illustrative notes by Wm. M. Darlington, *Journal and Letters of Col. John May, of Boston: Relative to Two Journeys to the Ohio Country in 1788 and '89; with a Biographical Sketch* (Cincinnati: Robert Clarke & Co., 1873), 110.

³¹ John Gibson, *History of York County* (1886), 623–40.

³² Amanda Nace, *Receipts for Culinary Purposes* [1826] (Hanover, PA: Hanover Area Historical Society).

³³ From the Peter Miller manuscript recipe book from Orwigsburg, 1830s.

³⁴ William Woys Weaver, *Sauerkraut Yankees*, 189. This is a description of the mead made by the Widow Housum in Chambersburg around 1840.

³⁵ Anonymous recipe book ca. 1825, which once belonged to J. E. Stamm, 149–50.

³⁶ From Melchior Kriebel's 1775 manuscript recipe book at the Schwenkfelder Library.

