



The Food Journal

The Culinary Historians of Southern California Vol. 10 no 2 Summer 2010

Dedicated to pursuing food history and supporting culinary collections at Los Angeles Public Library

Program Notes by Nancy Zaslavsky

LAPL got its wind knocked out in the city's latest budget cutbacks. Branches are now open only five days a week. The Central Library's schedule is Tuesday through Saturday (whew, our "home" is saved). Many librarians and related support staff lost their jobs; staffing is so short that CHSC was asked to stop purchases temporarily because of the lack of personnel to catalog special books. Please support your local branch any way you can (homemade cookies for overworked librarians?).

On a cheerier note, everyone loves the Hospitality Committee's newly energized food and table décor! Chair Beth Miller's group captures each program's theme with splendid, appropriate taste. Anne Willan was thrilled with her reconstructed vintage recipe offerings after her talk, "Old Recipes in the Kitchen": Carrot Torta (1596), A Rich Seed Cake, call'd the Nun's Cake (1742), Chocolate Cream (1747), and Syllabub (1747).

Charles Perry boogied his way into 2010 by introducing us to "Eddie Brandstatter, the Party King of the Twenties." Librarian Glenna Dunning spoke on "A Tra-ful for a Tri-ful—Mr. Clinton's Cafeteria of the Golden Rule" in February. Lunch at Clifton's followed. A few days later we enjoyed a members-only Hungarian Easter feast at Duna Csardas Restaurant. Andrew Coe's talk, "The History of Chinese Food in California" continued with an Islamic Chinese lunch in the San Gabriel Valley. In April "The L.A. Times Food Section Gals," Betsy Balsley, Rose Dosti, Barbara Hansen and Donna Deane enchanted us with stories about the section's heyday. Anne Willan spoke in May. Bruce Vancil's "Of Fiddle Rails and Foie Gras: A History of Dining at Sea" in June culminated with a gala dinner on the Queen Mary.

If you missed programs, catch the podcasts on our website. CHSC members often speak Saturday afternoons at the Pacific Palisades Library—again, check the website for dates.

Patriotic Pastries by Charles Perry

In the mid-19th century, many people had grown up knowing men who fought in the Revolution or voted on ratifying the Constitution. They were aware how fragile and uncertain our national enterprise had seemed at the beginning. Naturally, they celebrated it by making desserts.

One was the Washington pie, which was so popular in the late 19th century that there was a special Washington pie tin, also used for baking shortcake. It wasn't very close what we think of as pie, because the dough was sweetened, thickened with eggs and leavened with baking soda, making it really a thinnish cake layer.

Probably it was called a pie because it had a topping. To us, that's a cake thing, but in the 19th century most cakes fell into the pound cake, fruitcake or gingerbread categories and didn't have frostings, so people might have considered the topping as something like a pie filling. The usual Washington pie consisted of two or three layers of cake, each topped with applesauce, possibly because apples were a symbol of sturdy Yankee self-sufficiency. In later recipes, jam could substitute for the applesauce.

There was also a Washington cream pie, which was the same but filled and topped with pastry cream—sweetened milk thickened with cornstarch and eggs—and sometimes topped with shredded coconut. One recipe remarked that it was essentially the same as Boston cream pie.

The Washington *cake*, by contrast, was a pound cake flavored with wine and/or brandy, plus whatever sweet spices you liked: cinnamon, nutmeg, cloves. Later recipes were likely to throw in raisins and currants, because when people wanted to fancy a cake up in those days, they basically turned it into a fruit cake.

The later Washington's *birthday* cake (there's a recipe in the 1904 *Los Angeles Times Cook Book*) was a layer of white cake (made with egg whites, no yolks) and one of dark cake (made with the yolks plus molasses, raisins and spices), frosted with boiled icing. *The Great 20th Century Cookbook* (1899) gave a recipe for Washington fruit cake made as brown as can be, with dark brown sugar, browned flour and dates.

Patriotic Pastries continued from page 1

A few other Founding Fathers were honored with cakes. The Franklin cake appeared quite early, in Eliza Leslie's 1837 *Directions for Cooking*. It was a soft gingerbread made with molasses and orange peel and juice, which sounds pretty good. The Madison cake was a pound cake (the one in Eliza Lea's 1869 *Domestic Cookery* actually weighed more like seven pounds) with raisins and currants. Lots of them. In Miss Lea's recipe, they're one third the weight of the cake. Miss Leslie gave a recipe for Madison cake and added, "Let it be baked five or six hours, according to its size."

In California, where a hundred years ago there were still people who remembered when we were admitted as a state, we had Admission Day cake. It was a white cake made with patriotic ingredients (California almonds and walnuts), and September 9, the date of the California's admission, was spelled out on the icing in yellow candies—probably representing gold.



August 2010 Used Cookbook Sale is most successful ever, raising \$2568 for the library! Thank you all!!

A Letter from the Editor

Dear Fellow Historians,

Here's the thing about editing *The Food Journal*: there are a lot of surprises that come my way that end up shaping each issue. For instance, I never know ahead of time what subject Charles Perry, our illustrious president, award-winning journalist, and scholar, will choose for his regular column. That is, I don't assign him stories. Okay, maybe I did once, when I asked him to throw his presidential gravitas behind a plea to re-open the Rare Books Room. Great piece, by the way; wish it could have done the trick.

So, Charles files his story: "Patriotic Pastries," about American cakes of yore created to honor significant historical moments, our founding fathers, etc. Meanwhile, I'm hot on the trail of my own contribution: bygone classic Los Angeles cakes, whose revival by spirited baker Valerie Gordon (see In Store page 6) has become a *Mad Men*-like touchstone for L.A. food history buffs. Do you sense a theme developing? (It's worth mentioning here that Valerie uses LAPL's resources for research and is now a member of CHSC!) If all this isn't enough, my newsletter cohort Carol Penn-Romine comes forward with a condensation of her *Gastronomica* piece on multi-tasking teapots, *Veilleuse-Théières* (see Centerfold).

Thus, through a set of lovely serendipities, cakes and teapots, rich with meaning, are at the heart of this issue.

Bon appétit,

Amelia Saltsman

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Check It Out: Drastic Cuts, Big Losses for LAPL by Dan Dupill

For the staff of the Los Angeles Public Library, this year is the most stressful and profoundly sad time since the devastating 1986 fire and its aftermath. Effective July 1, 160 of our colleagues, co-workers, and friends lost their jobs.

The majority of the positions lost were messenger clerks. These are the folks whose job is to sort and re-shelve materials. Their loss means that it will take much longer for materials to move through the system. Patrons will have to wait longer to receive reserve items, and there will likely be a longer interval between the time the catalog entry states that an item is "on shelf" and the time it can actually be found.

The remaining positions eliminated came about equally from librarians and library clerks. For library patrons, the loss of clerks means that the lines will be longer, as will the wait for service.

We have lost many talented and energetic younger librarians. Services to children and young adults will be the most severely affected. There will be fewer school visits, fewer story-times, fewer programs and special events. For the young librarians that are fired, this process is a setback - for the Library Department, losing these motivated, energetic professionals is tragic. The librarians we have laid-off will go on to successful careers elsewhere. LAPL may not recover for years.

The cuts in staff resulted in cuts in service hours. All LAPL libraries are now on a five-day schedule (see Page 3). As recently as last spring, Central Library was open 7 days and 60 hours per week. Central Library service hours have been reduced by 30% (compared to March 2010).

On June 16th, the Board of Library Commissioners approved moving forward with a proposed measure for a parcel tax to help fund library services. The measure would raise \$39 million annually to restore 6-day service and provide additional funding for programs and library materials. Information regarding the initiative can be found at:

http://www.lapl.org/about/blc_agendas/a20100616_special.pdf

When the initiative is approved for the ballot, a 2/3 "yes" vote will be required for it to pass. City Council recommended presenting the initiative to voters in March 2011, but Library Director Martin Gomez believes that the initiative would have a better chance of passing in a larger-turnout election (November 2012.)

Library administration and staff are prohibited from working directly in support of the measure. Consequently, the support of groups like the Culinary Historians will be essential.



Upcoming Dates

September 11

David Karp, "Citron in California and the World, and the Search for the Legendary Fragrant Sunfruit of Shangri-La"

October 9

Ted Breaux, "History of the Green Fairy, Absinthe"

October 30

Members' Only Annual Party
"Castles in Spain: The Cuisine"

November 13

Toni Tipton, "The Jemima Code: A Cook's View into the Heart, Soul, and Recipe Box of California's Wise Servants"

December 11

TBA

January 8, 2011

Charles Perry Annual Lecture

CHSC Saturday Talks now on public access channel LA 36! Check the schedule at www.la36.org/ or call (213)346-3864 for air times. Producer/ cameraman John Gannon (the man with the mic at our programs) also makes the videos available at: <http://strikeoutstudio.blip.tv/>.

Membership Opportunities

Please consider joining at a higher membership level (with perks!) to better support CHSC:

Angel or Corporate: \$500 and up—Individual or Family membership plus 4 free admissions to Summer Picnic or Winter Holiday Party

Benefactor: \$250-\$499—Individual or Family membership plus 2 free admissions to either event

Patron: \$100-\$249—Individual or Family membership plus 1 free admission to either event

Household/Family: \$40 (\$50 with snail mail only announcements)

Individual: \$25 (\$35 with snail mail only announcements)

You may pay in advance for more than one year if you wish. Culinary Historians of Southern California is a 501 (c) (3) tax-exempt organization.

Visit our website for information and membership application: www.culinaryhistoriansofsoutherncalifornia.org. Membership Chair Susanna Erdos may be reached at Serdos@aol.com; (323) 663-5407.

www.culinaryhistoriansofsoutherncalifornia.org

Book Review: Slick as a Mitten: Ezra Meeker's Klondike Enterprise

by Dennis M. Larsen

Review by Ann Chandonnet

In the avalanche of autobiographies, diaries and letters that has tumbled down from the Klondike, few records are as detailed as the letters of entrepreneur Ezra Meeker. He documented his life in *The Busy Life of Eighty-Five Years of Ezra Meeker* (1916), but that account devoted only three pages to his multiple trips over Klondike trails.

It has been the distinct contribution of historian Dennis Larsen to discover the letters among the 50,000 items in the Meeker Collection at the Washington State Historical Society Research Center in Tacoma and to transcribe and thoughtfully annotate them. The letters cover the period of March 1898 through April 1901. Period photos and Meeker's advertisements in the *Klondike Nugget* help flesh out the correspondence, as do briefs gleaned from the *Tacoma News* and *Puyallup Press*.

Meeker was a man of great curiosity and ingenuity, both of which contributed to his financial success. He constructed a cold room at the back of the Log Cabin Grocery to ensure the required temperature to prevent wintertime spoilage of fresh potatoes. When sickness struck, he turned his hand to filtering bad drinking water. He packed eggs in oatmeal—then sold the oatmeal. His mind churned with improvements: "Thin the apples on the trees so they will grow to a large size and I will bring them in here September," he writes to his wife.

Meeker dealt in both soup vegetables (mixtures of dried onions, carrots and turnips) and fresh vegetables such as potatoes and onions. He shipped fresh eggs and had his wife experiment with drying eggs. *Slick as a Mitten* is particularly valuable for the food historian because Meeker supplies so much information about how vegetables were processed, packed, shipped and given first place in cargoes headed upriver to Dawson City. While little of his business correspondence survives, his letters act as ledgers, giving weights, costs and dimensions for everything under the sun.

Particularly useful to the reader new to the Klondike bookshelf are maps of the coast, the Chilkoot and White Pass trails, a Klondike Gold Rush timeline and a cast of characters—friends, neighbors and acquaintances of the Meekers from the Pacific Northwest.

Slick as a Mitten: Ezra Meeker's Klondike Enterprise

By Dennis M. Larsen

Washington State University Press

\$21.95

ISBN 978-0874223026

Ann Chandonnet's most recent book is *Write Quick: War and a Woman's Life in Letters, 1835-1867* (Winoca Press 2010).

Zócalo Public Square Presents:
Are Celebrity Chefs Good for Food?
Moderated by LA Weekly food critic Jonathan Gold
Panelists include Nancy Silverton and Susan Feniger
Tuesday, September 14, 2010, 7:30PM
Skirball Cultural Center
2701 N. Sepulveda Blvd.
Free admission; reservations recommended
http://www.zocalopublicsquare.org/upcoming.php?event_id=429

Reaktion Books-Edible Seeking Authors

For such single subjects as: banana, beef, candy (sweets), cereal, chicken (or poultry), corn, fish, flatbreads, honey, lamb, melon, mushroom, nuts, onion, orange, pomegranate, salad, salt, sauces, sausage, smoked food, soda, vegetables and water

Contact Series Editor Andrew F. Smith:
asmith1946@aol.com

Reaktion Books – Edible, A series from the University of Chicago Press

Key West Literary Seminar

"The Hungry Muse: An Exploration of Food in Literature"

January 6-16, 2011

San Carlos Institute

Speakers include Roy Blount Jr., Frank Bruni, Kate Christensen, Jonathan Gold, Darra Goldstein, Adam Gopnik, Gael Greene, Madhur Jaffrey, Mark Kurlansky, Ruth Reichl, Michael Ruhlman, and Calvin Trillin

www.kwls.org/lit/2011/1-888.293.9291

Hengwrt Publishing of Oxford Threes Mushroom Titles

For the Love of Fungus: A One Hundred Year Bibliography of Mushroom Cookery, 1899 – 1999, by Fred Kelso; *One Hundred Mushroom Receipts* by Kate Sargeant (reprint of 1899 book published in Cleveland, first known English language cookbook devoted exclusively to mushrooms); *Louis Lescarbours, Mushroom Magnate: From Oloron in the South of France to Oxford in the South of Pennsylvania* by Fred Kelso. Fred Kelso fjkelso@aol.com

Call for winter newsletter stories and member news!

Content deadline November 15, 2010. Please submit feature story ideas now for assignment to amelia@ameliasaltsman.com. Send Query Corner, News & Notes, Announcements, and In Store queries to nutritionistcharles@gmail.com

In Store: Valerie's Confections
by Amelia Saltsman

Angelenos longing to experience once again some of L.A.'s greatest desserts can rejoice. In an unprepossessing storefront at Virgil and First, baker and food history buff Valerie Gordon has revived such distinctive taste memories as Blum's Coffee Crunch Cake, Brown Derby Grapefruit Cake, Chasen's Banana Shortcake, and the Coconut Cream Pie from Bullock's Wilshire. Valerie researches LAPL's Menu Collection for inspiration to recreate some of the city's most famous bygone desserts.

The young baker has gotten an overwhelming emotional response to these classics. "People are returning to happy memories through these desserts," she says. "My favorite comment says it all: 'I tasted my childhood in this cake.'"

Valerie also offers "signature" cakes, including one clad in sugared rose petals suitable for a wedding. At this point, cakes are by special order (one-day notice), but for instant gratification at the shop, try the luxurious truffles, chocolate-dipped toffee squares, unusual petits fours enrobed in white or dark chocolate, and house-made preserves. There is a limited daily selection of baked goods, and in the See's tradition, a silver sample tray to welcome visitors.

Valerie sources directly from local growers wherever possible, and sells her jams, hand pies, and galettes at the Sunday Hollywood Farmers' Market. The shop also offers seasonal canning classes and catering services. Plans are afoot to create a small seating space and expand retail operations. Let's hope this passionate baker one day has a proper tea room, where we'll be able to enjoy a slice of, say, Scandia's Apple Cake.

Valerie's Confections

3360 W. 1st Street, Los Angeles
Mon-Fri, 10AM-6PM; Sat, Noon-6PM
(213) 739-8149
Sundays, Hollywood Farmer's Market, 8AM-1PM
www.valerieconfections.com



Blum's Coffee Crunch Cake Photo Credit: Stan Weightman Jr.

News and Notes

- **Ken Albala** and **Rosanna Nafziger** announce the publication of *The Lost Art of Real Cooking: Rediscovering the Pleasures of Traditional Food One Recipe at a Time* (Perigree Trade, July 2010). The book celebrates foods such as butter, yeast, pickles and cheese, that were formerly made in the home but whose creation has largely been replaced by commercial production
- **Kathleen Collins** sends her thanks to *The Food Journal* and Eric Boardman for the kind review of her book, *Watching What We Eat* (Continuum Books, 2009).
- **Fran Garbaccio** was honored last May by the Senior Community Commission and City of Sierra Madre as "Sierra Madre's 2010 Older American of the Year."
- **David Miller** has completed his manuscript for *The F-Meister Murders*, a mystery based on culinary history and epigenetics, and is looking for feedback. Contact him at lunaflyte@att.net.
- **Carol Penn-Romine** contributed several sections to *Edible: A Celebration of Local Foods* (Wiley, April 2010): a profile of local chef Evan Kleiman, a piece on kudzu, and an overview of the southeastern United States.
- **Andrew Smith**, CHSC friend who most recently spoke on the history of the hamburger, announces the publication of three new books in the Edible Series, for which he is editor: *Cake: A Global History* by Nichola Humble; *Caviar: A Global History*, by Nichola Fletcher; and *Milk: A Global History* by Hannah Velten. For complete list of titles: www.press.uchicago.edu/Complete/Series/RB-EDIBLE.html.
- **Jane Ziegelman** (wife of **Andrew Coe** who spoke to CHSC on the history of Chinese food in America) announces the publication of *97 Orchard: An Edible History of Five Immigrant Families in One New York Tenement* (Smithsonian, June 2010).

Query Corner:

Q: Valerie Gordon of Valerie's Confections is working on a book on classic Los Angeles desserts (see In Store, opposite). If you have a dessert memory or memorabilia to share, or if there's an extinct dessert you're longing for, Valerie would love to hear from you:
Valerie@valerieconfections.com or (213) 739-8149.

Five-Day Library Service Schedule Begins July 18, 2010

Central Library hours:

Tuesday, Thursday: 10 a.m. - 8 p.m.
Wednesday, Friday, Saturday: 10 a.m. - 5:30 p.m.
Sunday, Monday, holidays: closed

Branch library hours:

Tuesday, Thursday: 12:30 p.m. - 8 p.m.
Wednesday, Friday, Saturday: 10 a.m. - 5:30 p.m.
Sunday, Monday, holidays: closed

The Library's Web-based resources are available 24 hours a day at www.lapl.org. For more information about library locations and services visit www.lapl.org.

In Memoriam

Alpha "Ricki" de Kramer
1922-2010

Ricki was a devoted founding member of CHSC and longtime chair of the hospitality committee who also designed the group's tote bags and aprons with our signature bear. Year after year, she dedicated herself to assembling the refreshments that add so much to the experience of our lectures, and she was usually so busy setting everything up that she didn't have a chance to hear them. She was the kind of person a volunteer organization dreams of having among its members. Ricki passed away on August 9, after injuries suffered in a fall at home.

Develop Your Historical Cookery Chops: Join the CHSC Hospitality Committee

CHSC's hospitality committee is looking for new members to plan and put together the receptions that follow each month's lecture. If you're a creative and energetic sort, we need you!

It's not just about setting up tables and hauling things around. We need people to help generate ideas for food and decorations appropriate to each month's presentation. This is where the real creativity comes in. Last June, Denise Curry decorated the tables with a large collection of her grandmother's vintage hats, which tied in perfectly with the lecture on ocean liner dining.

Committee members take turns chairing receptions, with all members pitching in, so responsibilities are spread evenly, and not too onerously, over the year.

If you're interested, contact committee chair Beth Miller: beeders100@yahoo.com or 310-314-7707.

2010 Party Theme Announced: 14th Century Spain

Dust off your *túnicas*, CHSC's annual fundraising party on October 30 is a medieval Spanish feast with an emphasis on Catalan cuisine. This distinctive cuisine, which has given us dishes such as aioli and escabeche, influenced both French and Italian cooks in the Middle Ages and Renaissance. Modern Catalans have seen little reason to alter their cuisine, still the most medieval in Europe. Conveniently, they make top-quality, reasonably priced wine, too. What a great opportunity to delve into the food and atmosphere of a distant culture.

Now that CHSC has just one big fundraising bash per year to support LAPL's Culinary Collection, let's really put forth our efforts. To contribute the best ever silent auction and raffle donations--\$50 minimum value--contact Don Corbett, dcorbett@ucla.edu, or 323-466-5594. To help with the party, contact Sheila Anderzunas, cubfan4ever@gmail.com, or 562-716-7650.

Veilleuse-Théières: Form and Function in Nightlight Teapots

by Carol Penn-Romine

A farming community about ninety miles north of Memphis, Trenton, Tennessee is home to the world's largest collection of antique *veilleuse-théières*, or "nightlight teapots." Arranged floor to ceiling in the city council chambers, as if in a well-stocked pantry, these 526 teapots



The disassembled grotesque on left shows the basic composition of a *veilleuse-théière*, with a base for holding the heat and light source, a body and a teapot

are more than decorative. They speak of times long ago and worlds far away. The mere fact that they still exist is remarkable, for these eighteenth- and nineteenth-century porcelain teapots were highly practical and well used. The hollow bases were constructed to hold a source of heat and light, initially a porous nut soaked in whale oil, which was eventually replaced by a candle or a godet, a small vessel, with a wick, to hold oil. Although all of the teapots display remarkable creativity, their original purpose was as a combination food and beverage warmer and nightlight.



Cherub and Dolphin

Veilleuse-théières were used in nurseries and sickrooms to keep tea and porridge warm and provide soft light during the night. They were fanciful in appearance, with the most

ornate designs being found in the homes of the wealthy and titled. Between nine and twelve inches in height, some of them look like exactly what they are—teapots seated on pedestals. But many take the form of mythological figures, warriors, fine ladies poised with fans, and monks clutching wine bottles. Others have smooth façades on which are painted historical and literary scenes.



Elephant and Howdah

Although *veilleuse-théières* were produced for one hundred years, between 1750 and 1860, documentation is scant, as few records exist of their origins. Ceramic food warmers date back at least as far as the first century B.C.E., but they really came into their own in the mid-eighteenth century, when factories began turning out this style of decorative teapot in addition to their standard repertoire of dishes, vases, clocks, and figurines. Most *veilleuse-théières* were manufactured in Germany and France, but they were shipped all over the world, where they were painted to suit local tastes.

According to Harold Newman, primary documenter and the owner of a formidable collection of these historic teapots, the occasional *veilleuse-théière* still pops up at an auction or estate sale. However, he cautions that those found at flea markets are usually fakes, especially if they appear to be in mint condition. Regardless of how well cared for a *veilleuse-théière* might have been, because of its age and heavy use it will invariably be cracked, chipped, or otherwise damaged.

A Home In Rural Tennessee

The world's largest collection of *veilleuse-théières* found a home in Trenton, Tennessee, courtesy of Frederick C. Freed, who was born there in 1889. He eventually settled in New York City, where he became a prominent doctor and professor of obstetrics and gynecology.

Freed's collection began with a gift from a grateful French woman whose baby he ushered through a difficult delivery. She brought him a *veilleuse-théière* from home, and a passion was born. Enchanted with the teapot, Freed traveled the world and built a collection that over the ensuing thirty-five years grew to 650 pieces. Obtaining *veilleuse-théières* from antique dealers, families, and individuals, he bought teapots in at least eighteen countries in Europe, Asia, and Africa.

Freed originally planned to donate the collection to New York's Metropolitan Museum of Art, which was interested in acquiring them. But he decided to send the collection home to Tennessee. He placed only two stipulations on the collection: that it be shown all together and that its exhibition remain free of charge.

The *veilleuse-théières* were first kept in an open case in the gymnasium lobby at Trenton's Peabody High School, where mercifully—and remarkably—they remained intact amidst the flow of students. When a new city hall was built in 1962, Freed commissioned the construction of special mirror-backed show-cases to display and protect the collection in the city council chambers. Today the teapots are available for viewing to anyone who wants to see them—as long as the council is not

in session. To visit the collection after business hours or on a weekend, one need only step into the adjoining fire and police department and ask for someone to unlock the door. In fact, it's not unusual to get some commentary on the teapots from the fellow with the key.

The collection, which is currently valued at eight million dollars, comprises all five basic styles of the

veilleuse-théière: conventional, religious, personage, grotesque, and hybrid. Curator Dent Partee notes that of the one hundred molds used for creating *veilleuse-théières*, this collection includes sixty-nine of those designs. The oldest piece dates to around 1750 and is made of terracotta. Five teapots were created by the well-known Petit. The rarest in the collection is a neo-Rococo piece he fashioned featuring white lithophane panels trimmed in gold and depicting biblical scenes. Some of the more ornate pieces were commissioned by prominent members of French society in the early nineteenth century and feature family insignia and crests. Several bear Napoleonic insignia, including those famous bees. In fact, five of the *veilleuse-théières* were at one time owned by Napoleon himself. Another once belonged to Louis XVI.



Yelling Woman



Cherub and Swan

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www.gastronomica.org

Photo Credit: Linsey Romine Lewellyn

Carol Penn-Romine is a Los Angeles-based food writer whose credits include articles in the recently-published *Edible: A Celebration of Local Foods*. She is this year's recipient of the Apicius Scholarship to the Symposium for Professional Food Writers at the Greenbrier