

THEN & NOW



BY MIDGE NEFF-LECLAIR, PhD, HISTORY

More Food For Thought

Have you ever wondered how certain foods become connected with special occasions or events? What would a birthday party be without a Birthday cake or a wedding reception without a Wedding Cake? Trick or treat on Halloween without the treats, Thanksgiving without the turkey, or a Christmas or Easter ham just wouldn't be the same. Could there

ever be a Mothers' Day or Valentines Day without chocolate? (In our family there is a tradition for chocolate covered cherries that started over 46 years ago, and I still look forward to that every year!)

Some researchers claim we are born with a taste for sweet substances, first from Mothers milk. A "sweet" taste is one that brings joy or pleasure to the taste buds. From ancient times honey from wild bees has been enjoyed, and in the middle ages, cakes and cookies began to be served.

Sugar manufacturing has expanded tremendously from harvesting wild sugar cane to chemical sweeteners. Production, transportation, improved marketing have all contributed to increased consumption of sweet tasting treats.

Homer Simpson (the cartoon character) was

quoted as asking "Donuts, is there anything they CAN'T do?" Fried treats can be found in other countries around the world, but here in the U.S. our own original American donuts date back to Dutch settlers who called their rounded balls of dough "olieboellen" or "olykoeks." They often added fruit or nuts to the dough. In China, donuts are called "youtiao" or fried sticks. Polish "paczki" becomes Iran's sticky zooloobiya. The Dutch cakes were fried in pork fat, but there was a problem--the outsides cooked to a golden brown, but the inside didn't cook through. One story that is told is about a woman named Elizabeth Gregory, who lived in the New England area in the 1800s. Her son, Captain Hanson Gregory, is supposed to have stuck one of her fried cakes to the ships wheel during a storm, (or didn't like the middle and poked it out). From that

time on the ships cook took the center out with a small round cutter.

Donuts became so popular in the U.S. that during World War I French citizens cooked so many for the American soldiers they became known as the "Doughboys." Since then, the American Red Cross has had men and women to serve donuts as a sweet reminder of home wherever needed.

The first donut machine was invented by a Russian expatriate Adolph Levitt in the 1920s---by 1934 he was earning about \$25 million through the sale of his donut machines. Now Starbucks, Dunkin Donuts, Sara Lee and others sell billions of donuts every year. A cup of coffee and a donut are now accepted as breakfast or a snack by millions daily, and are sold around the world, come in countless varieties and

flavors.

Fruitcakes date back to ancient Roman times, and are the brunt of many jokes, but were some of the first "energy bars" to be eaten by soldiers on the march. They have been popular in England since Victorian times, and no wedding or christening is complete without one. They are called "Blackcake" in the Caribbean countries, and are a slightly more modern version of the old Roman fruitcake.

Chewing gum probably appeared as the ancient Greeks chewed the resin of the mastic tree. The Maya chewed chicle (chicklets) from the sapodilla, North American Indians chewed spruce sap mixed with beeswax. This became the settlers first chewing gum. The first gum produced for commercial sale was State of Maine Pure Spruce Gum, made by John B. Curtis in

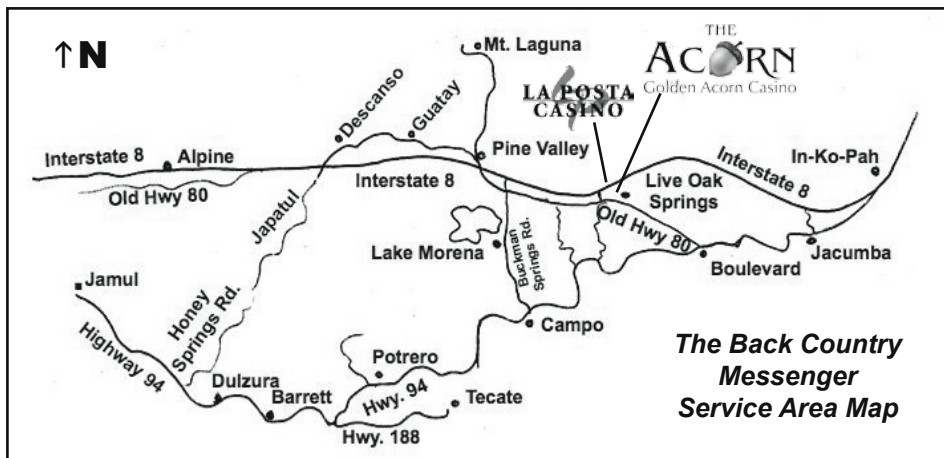
1848. The Mexican General Antonio Lopez de Santa Anna introduced Thomas Adams to the Central American "chicle" or we might still be chewing sticky spruce gum. Adams first tried to market the substance for tires, but realized if flavored, would make a tasty, longer lasting chewing gum. Adams New York Chewing Gum went on sale in January 1871, for a penny per stick. Later, six companies merged to form a large conglomerate, and named the company "Chicklets."

Our word for cookies comes from the Dutch "Koekje" or little cake. This is related to the German word "Kek" while the French or British "biscuit" seems to derive from the Italian "Biscotti" (Latin for twice-baked). Everyone actually has a version of cookies from seventh century Persia

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A Back Country Guide

To help you find your way around the back country



ALPINE: Motels, fast foods, restaurants, shops, health care, gas&lodging, historical significance, Viejas Casino and Factory Outlet Center, Post Office, churches, library, sheriff, fire protection, and community center.

DESCANSO: The Descanso Junction Restaurant, the Trading Post, Perkins Store & center, Camp Oliver, Historical sites, Post Office, churches, CDF, schools, and library along with a community center.

PINE VALLEY: Gas, restaurants, grocery, dental, lodging, County Park, camping & hiking, horseback riding, Historical sites, ORV area and U.S. Border Patrol facility, churches, library, Post Office and community center.

CAMPO: The Railroad Museum, Motor Transport Museum, Stone Store Museum, fishing and camping at Lake Morena, gas, groceries, Lake Morena RV park, the Malt Shop and El Rancho Bar and Grill.

In Campo the Campo Diner, Circle K, Trading Post, Mountain Health Center, Pacific Crest Hiking Trail, U.S. Border Patrol, ORV sites in Corral Canyon and along the U.S./ Mexican border, churches and a library, CDF and Campo Fire, Post Office and community center. In addition, the Golden Acorn Casino.

POTRERO: The Potrero Store, Café 94, Post Office, CDF, County Park, library, schools, a Christmas tree farm, hiking, camping and a community center.

TECATE: The gateway to old Mexico; a passport is required to enter the United States through the International border.

BARRETT: Home of camping, fishing, and the best all you can eat fish fry at Barrett Junction Café.

BOULEVARD: The La Posta Casino and restaurant, Live Oak Springs Resort, camping, cabins, gas, liquor & deli, markets, library,

community center, hotels, Coins and Collectables and the world famous Wisteria Candy Cottage, U.S. Border Patrol, fire and sheriff depts. The "Sacred Rocks Reserve" is a live-in park that offers overnight camping and motor home traveler's spaces with full hook ups. Restrooms, showers, swimming pool, and many large oak trees and hiking trails are located within the reserve.

JACUMBA: The Hot Springs Resort and Spa, laundromat, market, Mountain Health Center, library, community center, park, glider port, and churches in town. Off the interstate is the De Anza Resort, a Subway and two gas stations.

IN-KO-PAH: Home to an equipment sales center and the Desert View Tower. The tower is a roadside attraction with gifts, shade, drinks, restrooms and a view for many miles.

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