

---

# Adventures in Good Cooking

by Duncan Hines



EDITED BY Louis Hatchett

FOREWORD BY Michael and Jane Stern

---

## Adventures in Good Cooking

---

*This page intentionally left blank*

---

# Adventures in Good Cooking

Duncan Hines

*Edited by Louis Hatchett*

*Foreword by Michael and Jane Stern*



UNIVERSITY PRESS OF KENTUCKY

---

Copyright © 2014 by Louis Hatchett

The University Press of Kentucky

Scholarly publisher for the Commonwealth, serving Bellarmine University, Berea College, Centre College of Kentucky, Eastern Kentucky University, The Filson Historical Society, Georgetown College, Kentucky Historical Society, Kentucky State University, Morehead State University, Murray State University, Northern Kentucky University, Transylvania University, University of Kentucky, University of Louisville, and Western Kentucky University.

All rights reserved.

*Editorial and Sales Offices:* The University Press of Kentucky  
663 South Limestone Street, Lexington, Kentucky 40508-4008  
www.kentuckypress.com

Previously published in 2002 by Mercer University Press

The Library of Congress has cataloged the 2002 edition of this book as follows:

Adventures in good eating and the art of carving in the home

Duncan Hines / edited by Louis B. Hatchett, Jr.

1st ed.

p. cm.

Originally published: 1933

With a new introduction

ISBN 0-86554-809-0 (hardcover: alk paper)

I. Cookery, American I. Hatchett, Louis. II. Title

TX715 .H7226 2002

641.5973-dc21

2002151133

ISBN 978-0-8131-4468-9 (pbk.: alk. paper)

ISBN 978-0-8131-4470-2 (pdf)

ISBN 978-0-8131-4469-6 (epub)

This book is printed on acid-free paper meeting the requirements of the American National Standard for Permanence in Paper for Printed Library Materials.



Manufactured in the United States of America.



Member of the Association of  
American University Presses

---

*For Linda Priscilla*

---

*This page intentionally left blank*

---

# Foreword

As a restaurant reviewer, Duncan Hines earned fame for his integrity, for his high standards of cleanliness as well as cuisine, and for his unfailing ability to find wonderful things to eat. It was a natural next step that the author of *Adventures in Good Eating* should carry those standards into a cookbook: *Adventures in Good Cooking*. As he conceived it, this was not to be merely an all-purpose collection of workable recipes. It was to be a pantheon of extraordinary recipes from the finest kitchens in America. To get the recipes, Hines went to restaurants that had earned inclusion in his guidebook. Most of the chefs and owners he approached were so grateful for his recognition (which had invariably boosted their business) that they were only too happy to share the secrets for some of their best and best-known dishes.

In these pages you will find outstanding recipes indeed—none of them twenty-first-century trendy, but many of them timeless (Lindy's Cheesecake from New York), and others of them time-burnished relics that deserve enthusiastic revival (Ham Pie with Cheese Biscuit Top from the Anderson Hotel of Wabasha, Minnesota; Baked Indian Pudding from the Toll House of Whitman, Massachusetts). Browsing through the bonanza of more than seven hundred dishes, from the Waldorf Astoria's Brandied Grapefruit to Brennan's Bananas Foster, is like sitting down in a restaurant that presents you with an extensive, inviting menu. There is so much one craves to taste.

What amazes us is that every recipe we have tried from this book really works, exactly as written. Having authored several cookbooks using favorite restaurants' recipes, we have inevitably found



ourselves rewriting and revising nearly everything the restaurants provided. As a rule, talented professional cooks are too good at what they do to pay close attention to precise measurements and exact times. They do it by feel and by taste. But Duncan Hines being Duncan Hines, you can be sure that each of the recipes he included passed muster in his own kitchen, presided over by his wife, or in the kitchen of a close and trusted relative. In addition to the recipes, the book is richly larded with savvy and fun marginalia (“Apple pie without rat cheese is minus the ‘umph.’”), and it includes extensive directions on “The Art of Carving in the Home.”

As Roadfood explorers who consider ourselves deeply in debt to the pioneering work of Duncan Hines, we find the contents of this book especially alluring, because they so vividly reflect the interesting, regional, or unique meals Hines discovered in his travels and that he highlighted in his guidebook. Cooking from these pages is as close as you can come to actually exploring the culinary landscape along with the master. Here you will enjoy the sorts of extraordinary dishes that made eating on the road such a passion for Duncan Hines and a trip of delicious discovery for his millions of readers.

*Michael and Jane Stern*

---

# Preface

As I was researching my biography of Duncan Hines (*Duncan Hines: The Man Behind the Cake Mix*), one of the items I had to examine was the last of a trio of books that Hines published in the latter half of the 1930s. In 1936 he self-published the first edition of his highly regarded *Adventures in Good Eating*, a guide to America's finest roadside restaurants. He followed that up in 1938 with *Lodging for a Night*, his guide to the nation's superior hotels and motels. And in 1939 he presented the non-traveling public with *Adventures in Good Cooking*, a collection of recipes that not only consisted of secret dishes from America's best restaurants of the time but also featured a number of delectable edibles from his family and friends.

I tried to acquire a copy of this book (this was before the Internet arrived on the scene), but finding one was difficult. When I interviewed people who owned a copy and requested to borrow it for further examination, they were reluctant to part with it. It was as if they were lending someone their soul. They were very possessive of it. The copies I had a chance to peruse were markedly worn and had been used extensively. They most definitely had not sat on a bookshelf collecting dust. The people I interviewed, all in their seventies and eighties, swore by the book's recipes. They swooned over its wonders, proclaiming it provided some of the most heavenly mouthfuls that had ever graced the human tongue.

Well, that got my attention. Instead of borrowing one of the cookbooks, I paid seventy-five dollars for a very good used copy. Once I examined it, I realized what all the fuss was about. These were extraordinarily good recipes. I concluded that today's public

should have the opportunity to prepare, sample, and enjoy the same recipes that millions of others had savored a few generations earlier.

Most people have forgotten or have never been told that in the 1940s and 1950s, among American housewives, “Duncan Hines” was the most trusted name in the food industry. The name was synonymous with uncompromising quality, particularly in the realm of food.

From 1905 until 1938 Duncan Hines had been a salesman of printing wares and advertising specialties whose hobby was eating in roadside restaurants. But he wouldn’t eat just anywhere. In that day and age, restaurants were not safe places in which to dine. Hundreds of Americans died as a result of unsanitary restaurant conditions; many others suffered severe stomach disorders after consuming squalid roadside fare. Eating in roadside restaurants in that day was a hit-or-miss affair. Sometimes you got lucky and had a wonderful meal; other times you did not. And if you were really unlucky, you went to the morgue. Especially in non-metropolitan areas, eating a meal away from home was always a risk and seldom a pleasure. As Duncan Hines crisscrossed the country as a salesman, whenever he dined in a restaurant that not only served excellent food but had a very clean kitchen in which to prepare it, he jotted down its name and location in a notebook and would visit it again next time he happened to be in town.

Even though this notebook expanded and contracted over the years, Hines soon acquired a reputation among his fellow salesmen as the man who knew where all the good restaurants were, ones in which it was safe to dine. Understandably, everyone in his profession wanted to dine in safety. But they were not the only ones interested in such matters. Honeymooners, vacationers, travelers of all sorts wanted to drive across the country with the assurance that they would arrive at their destinations unharmed; a fatal meal could ruin anyone’s trip. As word of Hines’s knowledge spread, they began calling and writing him, asking where was the best place to eat in certain cities.

For many years Hines managed this traffic in advice reasonably well. But in 1934 a Chicago newspaper wrote an article about

his hobby of finding good restaurants, and from that point forward his life was never the same. People not only from Chicago but from distant cities began calling him with such frequency that he had to find a way to put a stop to it.

So when Christmas 1935 rolled around, he printed a list of 167 excellent restaurants he had visited throughout the nation and, along with his Christmas cards, sent them to over one thousand people with the hope that it would cut down on the number of letters and phone calls he had lately been receiving. Unfortunately, this action just accelerated the problem. The people to whom he had sent the list had, in turn, showed it to their friends, which generated an even heavier wave of requests. Hines tried to stop them by charging a dollar for it, but it stopped no one. Everyone, it seemed, wanted it. Finally, in exasperation, he put his notebook of restaurants into book form and self-published it in June 1936. Thus was born his restaurant guide *Adventures in Good Eating*.

The book had almost no advertising. Sales were generated strictly through word of mouth. People who tried it marveled at its accuracy for predicting enjoyable high-quality meals. Before that time, restaurant guides were nothing more than paid advertisements. Hines turned this practice on its head. He boldly announced that he would never accept outside advertisements, and he made it explicitly clear to everyone that he could not be bought. His standards for excellence were extremely high and rigorously uncompromising. When Hines said something was superb—regardless of what it was—everyone knew it was the best to be found. If he recommended it, his stamp of approval was all anyone needed to know.

By 1939 *Adventures in Good Eating* had caused many restaurants to celebrate Hines's arrival. Simply by word of mouth, his annual publication had driven most of the book-length advertisements masquerading as restaurant guides out of business. The public came to believe that if a restaurant wasn't included in Hines's guidebook, then it probably was not safe enough to dine in, and even if it was, its quality might be merely passable. For the most part, the restaurants listed in Hines's guidebook prospered; those that were not either struggled or failed. Hines had set a standard for the entire restaurant

industry. Those who didn't live up to it the public left behind. Thus, with only the power of a book, Duncan Hines dragged the restaurant industry into the twentieth century.

Only those restaurants that could prepare their meals to Hines's satisfaction and that had sparkling clean kitchens that any guest could enter at any time could qualify for inclusion in his book. Restaurants that failed that test were barred from its pages. Hines arranged for a number of individuals—when he couldn't do it himself—to make surprise kitchen inspections to ensure that the institutions he recommended always remained above reproach. If he ever received a stream of complaints that a restaurant in one of his books had fallen down on the job, it was quickly removed from its pages, usually never to be seen again. And if that ever happened to a restaurant, it was not long before the restaurant closed.

This book, *Adventures in Good Cooking*, was inaugurated when a number of readers of his restaurant guide requested that he put together a cookbook of recipes drawn from the establishments he recommended. Hines realized that these culinary institutions would probably not divulge their most prized concoctions, but he surmised that they might be willing to part with one or two lesser, but no less delectable, ones. So as he traveled around the country, investigating new restaurants and inspecting old ones, he inquired about the possibilities. He was surprised at the response. In the eyes of the owners of the restaurants he recommended, Hines had done so much to elevate their businesses by providing them with a never-ending stream of customers that they gladly gave him a number of recipes for his proposed cookbook.

Hines collected the recipes, had them tested in his hometown of Bowling Green, Kentucky,<sup>1</sup> and published *Adventures in Good Cooking* in October 1939. After 1946 his third wife, Clara, helped him put out future editions of the cookbook. It is possible that there are some recipes in this volume that came from his first wife, Florence, and that he then put under his own name (since it was published after her death), but whether this is fact will never be known, as there is no evidence available to substantiate that assertion.

Along with the restaurant recipes were several dishes that origi-

nated with his immediate family members, including a few that he first tasted as a boy at his grandmother Duncan's house in the early 1880s. Several members of his family as well as numerous friends who shared his passion for culinary excellence also contributed to the book, and their recipes were just as high in quality and flavor as the ones from his recommended restaurants.

The cookbook was updated annually. From time to time some recipes were removed, but only because better ones were added. Over the next twenty-three years almost 250 new selections were added. The first edition had 466 recipes; that number climbed to 713 by 1960.

By the mid-1940s, whenever Duncan Hines recommended anything, Americans had become accustomed to paying attention to what he had to say. Yet no matter how famous he had become, he would not compromise his ideals to make a dollar. When he said he would not include restaurants in his guidebook if they did not continually upgrade their establishments in all manner of culinary and sanitary standards (and he then gave detailed instructions on precisely what he wanted), his listed restaurants complied with his wishes; there was too much money to lose in not currying his favor. Soon, even restaurants that were not included in his guidebook were forced to raise their standards or close. The public demanded it. In this way, by 1948 Duncan Hines had become the most important name in the American food industry.

In October 1949 Hines entered the food preparation business when he and entrepreneur Roy Park established Hines-Park Foods; within a few years their company was distributing over 250 different high-quality items with the Duncan Hines logo. When the Duncan Hines cake mixes were introduced in 1951, they quickly became the company's best-selling item.

In July 1953 Duncan Hines, then seventy-three, decided to sell his publishing business to Park, who continued to publish the guidebooks and the cookbook for several years under the auspices of the Duncan Hines Institute.

In August 1956 Procter and Gamble not only bought the Duncan Hines cake mix, it also bought the rights to the Duncan Hines

name in all its incarnations. Within a few years, only Procter and Gamble's Duncan Hines mixes were available. For a time Hines's face was featured on the Procter and Gamble label. Duncan Hines died in 1959, and his face was removed from the label out of respect. Roy Park discontinued printing the guidebooks and the cookbook in 1962 and moved onto other entrepreneurial ventures. After several years had gone by, Duncan Hines, the man, had faded from public memory, and in time only his name on the cake mixes remained. Since 2003 Pinnacle Foods of the Philadelphia area has been distributing the Duncan Hines brand.

In this book's companion volume, *The Dessert Book*, I explain who some of the individuals were that contributed to that book and this one, but here I'd like to explore some of the institutions who gave us these remarkable recipes. What were the names of these restaurants, many of which are now long forgotten? What else did they serve besides the recipes mentioned in this volume? Did Mr. Hines leave behind many clues for people interested in such questions to pick up the scent? The best thing we can do to answer these questions is let Duncan Hines describe some of the restaurants from which these recipes came and let the reader's imagination take over. Since information about many of them can be found in my biography of Duncan Hines, let me concentrate on those not mentioned in that volume.

First and foremost of the restaurants is the Lowell Inn, which is still a wonderful hotel in which to dine and sleep, and which is located just west of the Minneapolis–St. Paul metropolitan area. Duncan Hines and his wife at the time, Florence, made this delightful discovery on September 4, 1937. Billed as “The Mount Vernon of the West,” the Lowell Inn was located in a town of scarcely eight thousand people, then nineteen miles from the Twin Cities. “I'd heard much that was good about the Lowell Inn long before I published my first book,” wrote Hines years later. “Because I was always on the lookout for good food and fine eating places, I wired Arthur Palmer, the proprietor, for a reservation. He wrote back immediately, saying that the bridal suite was all ready for us.” When Hines and Florence arrived, they were staggered by the building's beauty. “Not

only [was] the bridal suite” beautiful, Hines wrote, “but every room in the place had been redecorated and through it all could be seen the fine hand of a woman—a woman of extremely good taste.” Because Hines was always attracted to people who took care in looking after the smallest details, he quickly got acquainted with the owner of that hand, Nelle Palmer, and her husband, Arthur. From them Hines learned the history of their business and their “fierce devotion to quality.” As they related their story, Arthur and Nelle Palmer made a great impression on Duncan Hines, one that blossomed into a friendship that lasted for many years.

Nelle and Arthur Palmer were show business people who performed in theaters across the upper Midwest. They were married on Nelle’s thirty-fourth birthday on June 27, 1927.<sup>2</sup> At the time of the marriage, Nelle was an actress in her family’s troupe, and Arthur played on the piano. Toward the end of the 1920s the Palmers saw the popularity of vaudeville as America’s preferred form of entertainment rapidly diminish—and their way of life vanish with it. A variety of coalescing factors brought an end to their days as traveling entertainers. Talking motion pictures, increased popularity of radio, and the effects of the country’s economic depression during the 1929–1930 entertainment season all contributed to closing the door on their form of live entertainment. After a few months, the couple quickly saw that they would not be eating regularly if they continued in their line of work, so they looked for another, more steady, occupation.

They saw an opportunity when they spoke one day with one of Arthur Palmer’s relatives. “Hotel management, as it happened, seemed to run in the Palmer family.” Arthur L. Roberts, Arthur Palmer’s uncle, was at the time perhaps the Northwest’s best-known hotel owner; he operated fourteen hotels in Minnesota, Montana, North Dakota, and Wisconsin. In 1930 Roberts was in need of a new manager for the Lowell Inn, a fifty-room hotel in Stillwater. Built on the former site of a popular inn known as the Sawyer House, which had been razed in 1924, the hotel had not attracted many visitors since its construction. It had been designed in the image of a Southern Colonial mansion, highlighted by thirteen white, colon-



naded pillars gracing its façade. Despite a long succession of managers since its opening in 1927, no one had been able to make the enormous civic structure a commercial success. In Roberts's estimation, Arthur and Nelle Palmer could do no worse than those before them, so he asked the couple if they would be willing to manage his hotel. Facing perhaps even worse consequences if they remained in vaudeville, the Palmers "were willing to give it a try." They opened the inn under their management on Christmas Day 1930.<sup>3</sup>

Once they settled into their new environment, the Palmers, step by step, set about transforming the Lowell Inn into a hotel that left its guests talking about it for days. What set the Palmers apart from others who had run the Lowell Inn in the past was that they brought with them a flair for showmanship. They decided that if they were going to manage a hotel, it had to be special enough to cause travelers to drive miles out of their way to experience and recommend it to others. They borrowed money to accomplish their ends and made the most of what was lent to them. Their hotel did not offer its guests merely simple furnishings, utensils, and food, as their predecessors had done; rather, they furnished the hotel with "creamy Irish linens of a delicate weave, the finest Spode china, silver knives, forks, and spoons, and lovely crystal glassware," to name just a few items. It was something out of the ordinary. The Palmers' efforts paid off handsomely. Soon the best kind of advertising—word of mouth—caused Americans from across the country to make pilgrimages to the Lowell Inn to see what delights it held in store.

But it was Duncan Hines's mention of the Lowell Inn in the 1939 editions of *Adventures in Good Eating* and *Lodging for a Night* that really put it on the map as a coveted destination for travelers. In his restaurant guide, Hines praised the institution the Palmers had created, noting that "the Colonial Dining Room is furnished in authentic Southern Colonial reproductions and antiques. In the Garden Room [the dining room], there is a hewn stone fountain which pours forth sparkling spring water into an illuminated pool where guests may catch brook trout, which are then fried for them." Hines jovially stated that catching the fish was great fun, and that the best part of fishing for them was that guests did not have to worry about

the game warden. Hines was also impressed with the Lowell Inn's main dining room and its "lovely arched ceiling," but he was especially drawn to the food served there. It was not just the hotel's salad that mesmerized him, it was also their recipes for chicken, steak, and lamb chop dinners. But the menu item that impressed him the most was the plate of hot rolls the inn served, the virtues of which he extolled in his book for decades to come. While the rolls were, in his opinion, the best to be found in America, his favorite dessert entrée at the Lowell Inn was its pecan pie, which was, Hines stated with an air of finality, "the best I have ever encountered." Another after-dinner entrée of which he was most fond was the Lowell Inn's blueberry pie, which he said was excellent "because the berries are shipped specially from South Carolina." The Lowell Inn remained a restaurant Hines swooned over until the day he died, and a number of its recipes are found in this book and its companion volume, *The Dessert Book*.

There were literally thousands of restaurants that Duncan Hines recommended, but only a fraction of their number ever made it to his cookbook. Here are a few more of their number that were not detailed in the biography, followed by Hines's comments about them:

- *Shadow Hill Tea Room, Hernando, Mississippi*. "Follow the arrows in the town for a really excellent old-fashioned Southern dinner. Motorists come again and again for their chicken, souffles, waffles, and *fried custard*."
- *Christmas Tree Inn, Kingman, Arizona*. "One of the big and pleasant surprises of your trip here [will be] when you stop at Santa Claus Acres and dine with 'Mrs. Santa Claus.' . . . [They have] [p]erhaps the best rum pie you ever ate, chicken a la North Pole and lots other unusual things."
- *McLester Hotel, Tuscaloosa, Alabama*. [This is] "a comfortable, immaculate hotel which serves especially good food. Some of their dishes which stand out are honey glazed country ham, Southern fried chicken, shrimp McLester, thick steak stuffed with Roquefort cheese, black bottom, lemon, spiced nut and

fresh fruit pies, plenty of fresh vegetables, good salads, sandwiches, etc.”

- *Frances Tea Room, Atlanta, Georgia*. [This is] “a third-floor tea room that has become very popular [1941] because of the quality of the food. . . . Tea room dinners comprise a choice of cocktail or soup, chicken, steak or filet mignon, two vegetables, salad and among their good desserts is the best peppermint candy I ever ate.”
- *Anna Maud Cafeteria, Oklahoma City, Oklahoma*. “Few cafeterias have enjoyed such a quick and continued success as this one. [Their] French onion soup and vegetable soup are unusually good, as well as hot breads, pies, cakes, and salads, but those with a he-man craving for meat [will] go for their roast beef, baked ham, [and] chicken pie. [They also have] Southern chicken, creole shrimp, baked (honest) hash and other meats, and the best spinach I have encountered in a long time.”
- *Parker House, Boston, Massachusetts*. “Originators of Parker House roll[s] and famous from coast to coast for more than 80 years [1952]. Specialties: Parker House rolls (of course), broiled tripe, baked lobster, broiled scrod, lobster stew, chocolate cream pie.”
- *Headley Inn, Zanesville, Ohio*. “The meals are delicious—cottage cheese and homemade ice cream from their own dairy, jams and jellies along with chicken and steak.”
- *Le Mirliton, New York, New York*. “Another delightful French restaurant where ‘George’ makes one of the best orange desserts I ever tasted. Try his boola soup (a combination of green turtle and green pea with whipped cream on top and browned in the oven); breast of guinea hen; Escalopine de Veau a la Stroganoff [is] one of the tastiest dishes in town, with an extraordinary sauce made of butter, real paprika, mushrooms, truffles, parsley, tomato paste, cream and brandy.”
- *The Dinner Bell, Oakland, California*. “Once in a while you eat at a place where, when you push back your chair, you say to yourself: ‘This is the kind of dinner I could enjoy every night.’ And that is the kind of cooking turned out by Mrs. Elliott.

Whatever you order, and all of it is mighty good, don't omit the fresh coconut cream pie."

- *New Perry Hotel, Perry, Georgia*. "An outstanding place for exceptional Southern food. Nannette and Yates Green invite gourmets traveling in this vicinity to enjoy regional food from Georgia. Its country ham (when available), the freshly caught fish, peaches (in season) in pies and desserts, delicious pecan pie [are among some of their noted fare]. Other specialties: Southern fried chicken, chicken pie, Southern steak filets. Salad dressings are homemade, [as are] their rolls, cakes and pies." The New Perry Hotel is still serving delicious meals that are placed before diners on fine, white tablecloths, surrounded by lovely floral arrangements that grace the table, and immaculately-dressed, white-coated waiters attend to the gustatory desires of every diner. It remains a wonderful example of gracious Southern dining at its best.
- *Sanders Cafe and [Motel] Court, Corbin, Kentucky*. More than a decade before Colonel Harland Sanders hit the road selling Kentucky Fried Chicken franchises, he owned a successful restaurant, one that Duncan Hines recommended. It prospered until the early 1950s, when rerouting of the main road forced traffic to bypass Sanders's establishment, compelling him to try his luck in his now better-known realm. From 1939 to at least 1952, Hines's listing of Sanders's restaurant read: "A very good place to stop en route to Cumberland Falls and the Great Smokies. Continuous 24-hour service. Sizzling steaks, fried chicken, country ham, hot biscuits."
- *Hotel Anderson, Wabasha, Minnesota*. "They specialize in Pennsylvania Dutch dishes such as ham pot pie, chicken pot pie, special rolls, cream of peanut soup. [They have d]esserts such as apple dumplings, ice box pies and homemade ice cream."
- *Dolores Restaurant and Drive-In, Oklahoma City, Oklahoma*. "I enjoy eating here [1941], especially their steaks and Susi-Q potatoes and barbecued ribs. Pies and desserts you will long remember. [They have] the best biscuits I have found anywhere in America, made by Neal, a colored woman, who does not

use a recipe, but has a remarkable sense of feel, which tells her when the mixture is right—served twice a week. (I suggest you wire ahead requesting these remarkable biscuits). Their menu provides a variety of good salads and other things, and I hope you are fortunate enough to find Mr. and Mrs. Ralph A. Stephens there, so you may meet them personally.”

- *Hody's, Los Angeles, California*. “An ample menu for the hungry man. [They have c]hicken pie along with other entrees, including their famous cheese cake.”
- *The White Turkey Town House, New York, New York*. “Mr. and Mrs. Harry Davega are the owners, as they are of [the] White Turkey Inn at Danbury, Connecticut. Each of these restaurants provides a charming setting where you may enjoy quiet relaxation and delicious food. Specialties: French onion soup, chicken Maryland, chicken pie, roast turkey, chops, fresh vegetables, salad bowl and tempting desserts.”
- *Villula Tea Garden, Seale, Alabama*. [The following information about this restaurant came from Duncan Hines's family]: “Two sisters ran this establishment. People came from miles around to eat there. Its reputation spread because it was just across the river from Fort Benning, where many people ate and delighted in devouring such prized specialties as Chicken Country Captain, which is chicken in a tomato sauce served over rice.”

Now that you have become familiar with the story of Duncan Hines and the history and origins of his cookbook, I am sure you will enjoy this volume as you read, prepare, sample, and enjoy many of the delectable dishes included in it. Creating and tasting one concoction will no doubt guarantee the preparation of another. But beware. Some of these recipes are quite rich. The best way to approach them in these calorie-counting days is to adopt Duncan Hines's philosophy toward food and everything else: Have what you want, but want what you have.

*Louis Hatchett*

## Notes

1. These tests were conducted mainly in the kitchens of his wife, Emelie, and his brother's daughter-in-law, Geraldine [Mrs. Hugh] Hines, who was originally from Nashville, Tennessee, and lived on Cabell Drive in Bowling Green, Kentucky.

2. Patricia Condon Johnston, "Nelle Palmer of Stillwater: Entertainer and Innkeeper," *Minnesota History* 48, no. 5 (Spring 1983): 207–208.

3. Johnston, "Nelle Palmer of Stillwater," 209.

---

## Editorial Notes for the User of this Book

Recipe #22: The bean soup recipe is the recipe that Duncan Hines always used when he had a leftover country ham bone.

Recipe #87: "Lowell Inn French Dressing." In her private notes for this recipe, Clara Hines, the coeditor of this cookbook, added that the "salad herbs" listed at the bottom of this recipe should be "basil, chives, marjoram leaves, parsley, thyme and tarragon." In terms of proportion: the best guess is to use "a pinch of this and a pinch of that." She also wrote that one should sprinkle on top of this recipe "chopped Roquefort."

Recipe #125: "Fluffy Rolls." These were always served at the Hineses' dinners, especially at Christmas and Thanksgiving.

Recipe #384: "Peas Bonne Femme." In a copy of the cookbook, Clara Hines wrote in the margin to someone about this recipe: "Don't pay any attention to this. I am very much embarrassed over it, and was never allowed to serve it. I didn't know enough when I did this. I know now, and should you like to have my real recipe I will be happy to send it to you." After much examination of the recipe, it appears that Mrs. Hines did not use the last three ingredients: basil, tarragon, and fresh mint.

Recipe #449: "Spaghetti Sauce." In her own personal copy, Clara Hines scratched "sage leaves" and wrote above it "oregano," which may have just been her preference.

---

# Introduction

This book is in answer to the oft-repeated requests of travelers who have visited so many of the places listed in *Adventures in Good Eating*, *Lodging for a Night*, and *Vacation Guide*. Having enjoyed the particular specialties for which many of these places are justly famous, they have eagerly sought an opportunity to try to prepare these same dishes in the intimate atmosphere of their own home kitchens. They are intrigued with the pleasant prospect of giving their own personal interpretation to some of these unusual specialties.

The editors are extremely gratified that so many places mentioned in The Duncan Hines books have consented to release their prized recipes for publication here.

It should hardly be necessary to remind the reader that all measurements must be made accurately, and oven temperatures observed closely; nor will the successful adventurer tolerate substitutes. Remember, practically all recipes written for restaurant use contemplate considerably larger quantities than is customary for family use, and it is a well-known fact that the amount of ingredients designated in quantity recipes cannot often be reduced proportionately and give the same results. Therefore, the reader is cautioned to mix reason and common sense with your measurements in undertaking to follow any quantity recipes contained herein.

There are many excellent cookbooks that have been especially prepared for the novice needing detailed advice.

No nation has a greater abundance of fresh eggs, butter, and cream than we have in America for use in cookery.

The heart and soul of any dish is its flavor. Therefore, the true



---

sample content of Adventures in Good Cooking

- [download online Campus Tramp](#)
- [The Doll's House \(Marina Esposito, Book 5\) pdf](#)
- [download \*Life Everlasting: The Animal Way of Death\* book](#)
- [download online The Blue Sword \(Damar, Book 2\) pdf, azw \(kindle\)](#)
  
- <http://wind-in-herleshausen.de/?freebooks/Campus-Tramp.pdf>
- <http://www.1973vision.com/?library/The-Soviet-Union-in-World-Politics--Coexistence--Revolution-and-Cold-War--1945-1991--The-Making-of-the-Contemp>
- <http://korplast.gr/lib/Players-First--Coaching-from-the-Inside-Out.pdf>
- <http://anvilpr.com/library/Star-Trek--Ishtar-Rising-Book-2--Star-Trek--Corp-of-Engineers--Book-31-.pdf>