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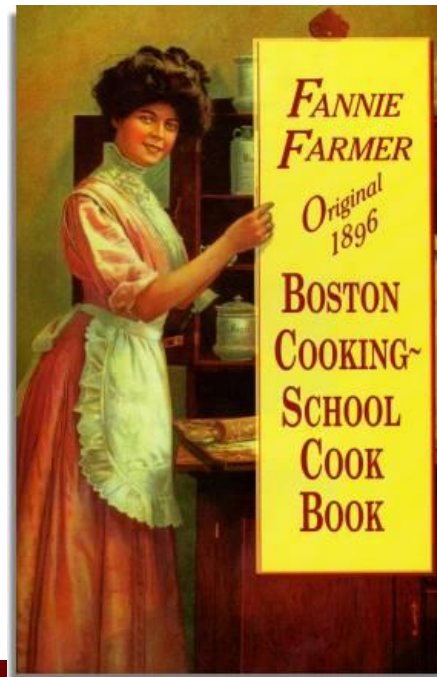
E-Newsletter | November 2011

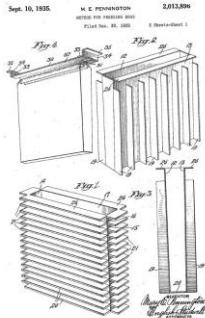
Thanksgiving is Coming - And it is Time to Cook!

During the month of November comes that veritable feast - a time to celebrate our blessings with family and friends. In this month's newsletter, we highlight two women from our bestselling book *Her Story: A Timeline of the Women Who Changed America*, who made it possible for us to be confident about the storage conditions for the poultry that we eat and for making recipes that we can reproduce many times. We salute Mary Engle Pennington and Fannie Farmer. We can thank Mary Engle Pennington when we safely eat our Thanksgiving turkey and Fannie Farmer when we make that delicious pumpkin pie for dessert!

Fannie Farmer, who grew up in Boston, developed a flair and fondness for cooking after suffering a stroke while she was in high school. She enrolled in the Boston Cooking School and was asked to stay as assistant director after she graduated in 1889. In 1894, she became the head of the school. Farmer revolutionized cooking by introducing standardized level measurements in recipes. In addition, she published the *Boston Cooking School Cookbook*. Originally published in 1896, the cookbook is still a best seller in its modernized version.

Farmer's cookbook included recipes for both every day and classic dishes. This is accompanied by sections on formal entertaining, proper management of the home and service staff, use of kitchen equipment, and etiquette. She believed that knowledge of the principles of diet should also be an essential part of one's education. If people would 'eat to live', Farmer felt, they would be able to do better mental and physical work and disease would be less frequent. Fannie Farmer's recipes were all personally tested and easy to follow, as the measurements were accurate.





As a bacteriological chemist, **Mary Engle Pennington's** concerns with food were very different from Fannie Farmer's. Pennington wanted to be sure that food was safely stored and transported, so that it would stay fresh and people would not be afraid to eat it. She developed methods of slaughtering poultry that kept them fresh longer, discovered ways to keep milk products from spoiling, and determined how to best freeze fruits and vegetables. Known as the "Ice Lady", Mary Engle Pennington was able to convince farmers, manufacturers, and vendors to adopt her techniques. She received six patents related to the safe handling and refrigeration of fish, poultry, eggs, and milk. The first female member of the American Society of Refrigerating Engineers, she was also inducted into the Poultry Society Hall of Fame and the National Women's Hall of Fame.

Dig in! Enjoy your Thanksgiving feast - and know that two women on whose shoulders we all stand, were instrumental in making your day a bountiful harvest: remember Fannie Farmer and Mary Engle Pennington.

Her Story: A Timeline of the Women Who Changed America
www.herstoryatimeline.com

8547 E. Arapahoe Rd, PMB J189
Greenwood Villiage, Colorado 80112



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