



# Federal Point Historic Preservation Society

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## Newsletter

Volume 16 No. 7

July, 2009

Darlene Bright, editor  
Rebecca Taylor, production

### July Meeting

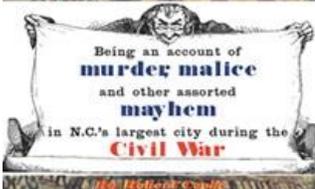
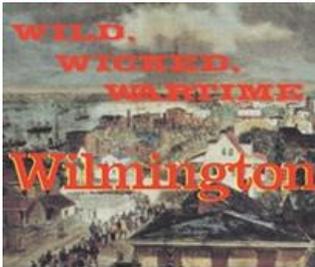
#### Monday, July 20, 2009

The Federal Point Historic Preservation Society will hold its monthly meeting on **Monday, July 20, 7:30 pm at the Federal Point History Center, 1121-A North Lake Park Blvd., adjacent to Carolina Beach Town Hall.**

Author **Robert Cooke** will speak on his new book, **WILD WICKED WILMINGTON**. As the Confederacy's most important port, Wilmington, NC grew from a town of a few thousand people to a boomtown almost over night. Filled with speculators, sailors, soldiers and slaves, it was a place with all the vices common to port cities during wartime. Murder, prostitution, and other malice and mayhem made Wilmington more like Dodge City than the genteel southern town some would have you believe.

Bob has been interested in the Civil War since the late 1950s (as the centennial approached, many books about the war suddenly appeared!) He majored in American History & graduated (after 7 years of night school) from St. Francis College in Brooklyn, NY. He has written articles for local journals and periodicals on various subjects usually centered around the 1850s-1870s era.

Of his interest in our local history, Bob says, "When I moved to the Wilmington area in 1994, I found it to contain a vast and rich history which was all pretty new to me. When I moved here, I was hired on by Bell South and got to go all over the place and just loved it. I retired from Bell South in 2001 and started doing in-depth research which included several trips to Raleigh (State Archives) and the National Archives in DC.



### June Potluck

WOW! We had a great turn out for the June potluck. Over 50 people shared a spectacular spread of homemade dishes. Thanks to the Social Committee and their helpers for all their work decorating, setting up and cleaning up after the event.

#### New officers and board members for the 2009-2010 year were also elected:

##### Officers

President -- Ron Griffin  
Vice President -- Annette Winner  
Secretary -- Lois Taylor  
Treasurer -- Jeannie Gordon

##### Board of Directors (new)

Leslie Bright  
Ray Flowers  
Daniel Norris  
Jack Travis

##### Board of Directors (continuing)

Pat Bolander  
Jim Dugan  
Elaine Henson  
Cheri McNeil  
Sylvia Snook

### President's Message

#### June, 2009

Greetings to all the members of the Federal Point Historic Preservation Society. I look forward to serving as your President for the coming year. My late wife, Frances, and I joined the Society not long after coming to Kure Beach in 1995. I remember the days when we met at the Fort Fisher Historic Site. Then, when there was restoration work being done there, we met for a time at Atlantic Towers.

We are very privileged to have our current site in Carolina Beach and we continue to have our monthly meetings and a great variety of presentations. Rebecca is doing a fine job in lining up speakers and, of course, Leslie was our Program Chairman for many years before that.

Yes, I am a transplanted Yankee (born in NJ), actually only half-Yankee since my father was from MS so I had ancestors on both sides of the Civil War plus ancestors who served from several states (including NC) during the American Revolution. Genealogy is my number 1 hobby and some of you may remember my presentation of two years ago on that topic.

Our home was in Silver Spring, MD for 21 years before coming to Kure Beach. Before that, we lived in Los Angeles, CA. During the Korean War, I served in the USAF as a guided missile technician. Went to college on the GI Bill and then spent the next 34 years in aerospace engineering, retiring in 1994.

I hope we can work together this year for the betterment of the Society. Let's see if we can make some gains in membership and in the activities of our various committees.

Hope to see you at the July meeting.

Ron Griffin

## Oral History Interview and narrative by Ann Hertzler Mrs. Fry's Recipe Collection – 1932



Ma Fry's original Manuscript cookbook now owned by Brenda Coffey.

Before the 1900s, favorite recipes of family and friends were recorded in a manuscript cook book, usually recipes that needed proportions such as fancy desserts. In the 1930s, home economists developed recipes for new super market products for use with new gas and electric ranges. In a journal labeled *Cooking Receipts – Mrs. C.B. Fry – 1932* Mrs. Fry filed print and picture recipes from magazines, newspapers, and food labels. The manuscript is now owned by her granddaughter, Brenda Fry Coffey of Kure Beach.

**Mrs. C. B. Fry** (Ada Sessoms Fry), alias **Ma Fry**, came to Kure Beach in 1943 with husband **Pa Fry** (Charles Brover Fry), their son (Therman J. Fry), his wife (Mary Lee Tyler Fry), and granddaughter (Brenda Lee Fry). Ma Fry and her daughter were wonderful cooks for “Fundy’s”, their family restaurant in Kure Beach after World War II. Mrs. Fry was the secretary of the **Progressive Association** which applied for official town status of Kure Beach in 1946 and granted in 1947. She also rode on the first Kure Beach Float in Wilmington’s first Azalea Parade. The float depicted a fishing scene with adults and children fishing. Large plastic fish dangled from fishing lines.

Mrs. Fry's recipe collection provides a look back in history. Home economists were teaching homemakers how to care for the electric refrigerator which could now store ice cream in limited amounts. Many of the recipes of the 30s continued to promote use of cream, butter, and gelatin. Favorite recipes in Mrs. Fry's collection were baked calf's heart and jellied tongue.

Many of the printed recipes in Ma Fry's book were advertised as developed and tested by

- food scientists in government - Dr. Louis Stanley, Bureau of Home Economics, USDA.
- home economists working for *General Foods Inc*, *Better Homes and Gardens*, and the *Good Housekeeping Institute*.
- columnist -Mrs. S. R. Dull, Atlanta; *Housewives' Exchange: The Charlotte Observer*.
- home economists in food companies- Libby, McNeill, & Libby, Heinz, Minute Tapioca, Knox Sparkling Gelatin, Jello, Crisco, Eagle Brand Sweetened Condensed Milk, Baker's Best Chocolate, Coconut; California Prunes, Swift's Premium Ham, Red Label Karo, Eatmoor Cranberries, Calumet Baking Powder, Swan's Down Cake Flour, and Washborn Crosby Gold Medal Flour, the latter promoted by **Kate Smith** and **Aunt Jenny**.



Clipped recipes were kept in kitchen drawers, recipe files, and indexes as advertised in 1933 by *Better Homes and Gardens*. This was before the days of television. Ads in Ma Fry's collection pictured women in dresses and aprons preparing:

- homemade cookies, cakes and gelatins;
- freshly caught fish;
- homemade biscuits, pancakes, waffles, muffins;
- home made sauces with fresh ingredients, canned soup, or bottled sauces;
- whipped cream from rich milk (cream) - (no fake whipped cream toppings);
- recipes with high sugar syrups canned fruits.

Men and boys in cooking ads in the 1940s were distinguished by chef's hats and aprons preparing a special dish. By the 1950s men were shown “grilling out.”

## Mrs. Fry's Recipe Collection - 1930s & 40s

Most recipes were made from scratch except for a few canned goods available on the market. Canned foods advertised in newspaper clippings in Mrs. Fry's book were tomatoes, pork 'n beans, cream soups, canned milk, baby food, and condiments such as Worcestershire Sauce, ketchup, mustard, hot sauces, mayonnaise, and vinegar. Cooking fats were Crisco, lard, and butter. Margarine was mixed in a clear plastic bag. Kids fought over who popped the bubble to blend the yellow color into the white margarine.

Foods advertised in Ma Fry's recipe clippings from the 1930s to the 50s were Instant Potatoes, Cheese Whiz, Kraft Singles, Reddi – Whip, Dannon Yogurt, Frozen French Fries, TV Dinners, and Instant Rice. Pizza was not yet a household item. Fast Food of the 1950s were not yet on the Island.

Ma Fry's recipe clippings from *The Charlotte Observer* (ca 1939) included a column *-Teach Children To Cook*. It was written by a Charlotte Housewife for little girls with the "urge to cook." Two-year-olds learned to make fancy pies and cakes in the sand box. Lessons suggested helping mother stir custards, prick holes in the piecrust, and make food for parties and grandparents. Recipes provided for children were Jellied Waldorf Salad, Pineapple Chiffon Pie, Pig in Blankets, Brochette of Bacon and Sweetbreads, Creamed Onions and Bacon, Kidney and Bacon Grill, Frozen Tomato Cottage Cheese Salad, Crisp Bran Cookies, Scrambled Dried Beef with Bacon. A column on a Teen-Age Kitchen Party suggested teens cook their party foods: frankfurters, Chili-con-carne, and pork sausage patties. *The Charlotte News* Grocery Editor, Florence Thomas, featured ideas for Tea and Picnic Sandwiches – rolled, checkerboard, and ribbon shapes for the attractive tea table

Mrs. Fry's collection included the following recipes. Any look familiar? Straight from her recipe collection of 50 or 60 years ago, they are still delicious today.



### Oyster Sauce

Fry small oysters in a little fat for 3 minutes. Add a little cream and heat thoroughly. This is delicious with any broiled or baked white fish.

### Hobglobins

Parboil frankfurters, drain and cool. Roll baking-powder biscuit dough out thin, cut it into squares and roll one frankfurter in each. Bake 15 minutes in hot oven – 375 – 400 °. The dough may be spread with mustard before rolling up.

### Savory Wilted Lettuce

1 cupful diced salt pork, 3 quarts cut lettuce, 2 tablespoons vinegar, salt, onion juice  
Wash lettuce and cut in pieces. Cook salt pork in a heavy skillet until brown and very crisp, remove from the fat. Add the lettuce to the hot fat and stir until it wilts. Add the vinegar and cooked salt pork. The time of cooking will vary with the time to wilt the lettuce. A small quantity of onion juice may be added.

### Crunchy Cookies

½ c sweetened condensed milk                      2 cups shredded coconut  
Drop by spoonfuls on a well-buttered pan about an inch apart. Bake in a moderate oven (350°) until a delicate brown about 10 minutes.

### Molasses Candy

The ingredients are 2 cups of molasses, 3 tablespoons butter, 2-3 cup of sugar, and 1 tablespoon of vinegar. First, melt butter, than add molasses and sugar, stirring until sugar is dissolved. Boil over slow fire until brittle when tried in cold water. If you use a confectioner's thermometer, it should register about 255 °. Just before removing from fire, add vinegar, which will make the candy foam up. Pour into well-buttered pans.

When the candy is cool enough to handle, you may pull until it turns light colored. Draw into sticks and cut into inch lengths. If you wish, molasses nut candy, add 1 cup of chopped nut meats and a pinch of salt, just before taking candy from stove.

### Trifle

2 cups cake crumbs or Crumbled Lady Fingers, 4 tablespoons Sherry Flavoring, 3 tablespoons strawberry Jam, 1 Banana, ½ cup walnuts, ½ pint whipping cream  
Place the cake crumbs in the bottom of a pudding dish and moisten with the sherry. Cover with a layer of whipped cream. Add a layer of the sliced bananas and strawberry jam. Cover with whipped cream and sprinkle the top with the chopped walnuts. Refrigerate for several hours and serve.

## Banana Pudding

5 bananas  
½ lemon, grated rind and juice  
1 ½ tablespoons butter  
Fine bread crumbs  
1 ½ teaspoons vanilla

¾ cup evaporated milk  
¾ cup water  
2 eggs  
1/3 cup sugar  
¼ teaspoon salt

Line the bottom of a well greased baking dish with banana slices. Dot with bits of butter, sprinkle with lemon juice, and cover with fine bread crumbs. Repeat the process. Mix milk and water, add lemon rind and scald. Combine the slightly beaten eggs, sugar, and salt. Pour the hot milk over the egg mixture, add vanilla and pour over bananas. Set dish in a pan of hot water and bake in a moderate oven (350°) until set – about 30 minutes. -- Ann Hertzler - Federal Point Historic Preservation Society - Oral History Project. (Commercial illustrations from clippings contained in the manuscript book.)

## Society Notes

□ **Membership Information:** Debbie Price, Chairperson. A big welcome to new members Angela Walker and Sondra Ware, both of Carolina Beach, and Jack Travis of Wilmington. Debbie and Rebecca are talking about a business member drive for later this summer and early fall. WE NEED a few more members to help. Please let Debbie or Rebecca of you'd be willing to help.

□ **History Center News:** Darlene Bright, Director. Our volunteers who helped keep the History Center open in June were Lois Taylor, Juanita Winner, Sylvia Snook, Demetria Sabienza, Ron Griffin, Pat Bolander, Ginny Wagner, and Jennie Gordon. In addition to 49 members and guests at our June potluck we had 62 visitors at the History Center. Gift Shop Sales totaled \$107.29. Both Got'em-on-Live and the UDC held their montly meetings at the center.

### *From the Bill Reaves - Federal Point Files July 4<sup>th</sup> at the Beach – though the years.*

#### July 4, 1873

The 4<sup>th</sup> of July holiday was celebrated by a group of 15 gentlemen who went down the river on the steam tugboat JAMES T. EASTON to Federal Point. They celebrated the 4<sup>th</sup> by raising a large flag and listening to an oration by A. T. London, Esq. Some of the officers and soldiers from the garrison at Smithville were present and the occasion was hugely enjoyed. While there, the group visited the New Inlet Dam or as we call the Rocks, and inspected them with Henry Nutt, who was chairman in charge of the work. WILM.WEEKLY STAR, 7-11-1873

#### July 4, 1928

A big celebration was held at Carolina Beach to celebrate the holiday. The program of events was as follows:

11 to 12:30 – Free music and dancing in Danceland Pavilion.

3 to 5:30 – Dancing

5 – Fishing Boat Races in the Ocean

5:30 – Swimming Races and Athletics

8:40 – Dancing in Danceland

9:30 – Grand Fireworks Display

10 p.m. to 1 a.m. – Dancing in Danceland

Music by The Carolinians. Dancing all day! WILM.STAR, 7-1-1928 (adv)

#### July 4, 1930

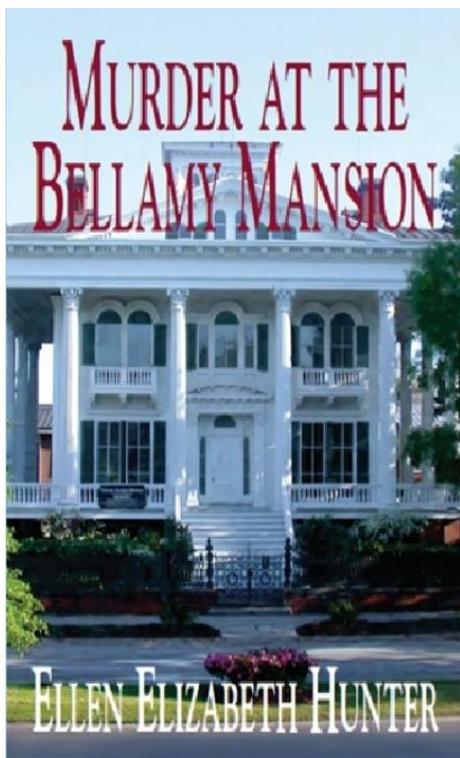
The first flight card ever presented at Carolina Beach was offered at the Pavilion, under the promotership of T.A. Shepard and T.H. Skipper. The welterweight boxing bout was between Ken Burris, of Fort Bragg and Wilmington, and Dave Eddleman, of Charlotte. There was also a middleweight bout between Al Massey of Goldsboro, and Red Collins, of Charlotte, and a lightweight bout between Carter Casteen, of Wilmington, and Hugh Penny. WILM.STAR, 7-2-1930.

#### July 4, 1934

It was estimated that between 12,000 and 15,000 persons visited Carolina Beach alone during the holiday, while Walter Winner of Fort Fisher Beach reported the largest crowd of bathers and fishermen at that resort in the past four years. Kure's Beach also reported a large attendance. Thousands of blacks, traveling by automobile, by truck and on foot visited Seabreeze Beach during the day. Dances were held at the Carolina Beach pavilion and the Greystone roof garden. Each place reported a capacity crowd. Only one fatality was reported at any of the reports; a black man, Robert Harper, was drowned at Seabreeze when he ventured out over his depth in the Inland Waterway. His body was not recovered. Jimmy Tolbert and his Royal Melodians played at the Carolina Beach pavilion and Cliff Smith and his Orchestra furnished music at the Greystone with Miss Julia Ellington as soloist. WILM.NEWS, 7-5-1934.



## Upcoming Events for the History Community



**Book signing for new book, *Murder at the Bellamy Mansion* by Ellen Hunter**

**Thursday, July 16 at 7:00 p.m. in the Bellamy Mansion formal parlors, 503 Market Street, Wilmington**

As fans of Ellen Hunter's murder series set in the Cape Fear region know well, dead bodies can be found in the most inconvenient places, like in the old cistern at the Bellamy Mansion. "The Cape Fear is the perfect location to combine mystery, romance and intrigue. Your rich local settings create an interesting background for all types of storytelling" says Ms. Hunter about her latest book, *Murder at the Bellamy Mansion*. Ms. Hunter, who lives in Greensboro, will introduce her new book at a book signing at the mansion on Thursday, July 16<sup>th</sup> at 7:00 p.m. In addition to Ms. Hunter, who will be signing her books, other readers will read excerpts from the book as guests move through rooms within the mansion.

*Murder at the Bellamy Mansion* is the 8<sup>th</sup> book in Ms. Hunter's popular series. All of her books will be available at the July 16<sup>th</sup> book signing and afterward at the Bellamy Mansion Carriage House gift shop. "This series is very popular with our out of town visitors as well as people who come into the shop from the community. Her rich descriptions of events and places in the Cape Fear are woven throughout her tales- the Azalea Festival, the Ghost Walk, Wrightsville Beach, the Intracoastal Waterway. We are delighted that Ms. Hunter chose to set her newest story at the Bellamy Mansion, because preservation, even with a fictional murder involved, is at the heart of her mysteries," says Beverly Ayscue, Executive Director of the Bellamy Mansion Museum.

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