

THE

ARGONAUT

SACRAMENTO LIVING HISTORY NEWSLETTER

NOVEMBER-DECEMBER 2024



GHOST TOURS
2024
CAST AND CREW



Holiday Cheer!







FROM MISS WITHERSPOON'S KITCHEN

Dearest Reader,



'Tis the festive season! And our annual "Holiday Cheer" event has begun, and I must say so far it has been a rousing success. We have brought cheer to the denizens of Sacramento City and beyond. As we indulge in hot cocoa, mulled cider, ginger treats, and candy canes, I would be remiss not to remind you to not forget the holiday diner itself. There is indeed, nothing more traditional or representative of the celebration of the holiday than roast goose. In Godey's Lady's Book, 1862, the December Bill of Fare includes: Boiled Turkey with Oyster Sauce, Boiled Ham, and Roast Goose with Applesauce.

It is a rich fowl according to Sarah Josepah Hale in her 1841 publication, *The Good Housekeeper*; "Geese seem to bear the same relation to poultry that pork does to the flesh of other domestic quadrupeds; that is, the flesh of goose is not suitable for or agreeable to, the very delicate in constitution. One reason doubtless is that it is the fashion to bring it to the table very rare done; a detestable mode!" I whole-heartedly agree!

Therefore, I shall attempt to inspire you by offering suggestions for preparing goose and what to serve with it, hopefully in order to ensure that your goose will be cooked. Also, I may include a bit of "spirit" to toast in the New Year.

Best wishes for the holidays and the New Year.

Most sincerely,

Miss Acadia Witherspoon

To Roast a Goose

From Sarah Josepha Hale; *The Good Housekeeper* (1841)

Take a young goose, pick, singe, and clean well. Make the stuffing with two ounces of onions (about four common sized) and one ounce of green sage chopped very fine; then add a large coffee cup of stale bread crumbs and the same of mashed potatoes; a little pepper and salt, a bit of butter as big as a walnut, the yolk of an egg or two; mix these well together, and stuff the goose; do not fill it entirely—the stuffing requires room to swell. Spit it; tie the spit at both ends, to prevent its swinging round, and to keep the stuffing from coming out. The fire must be brisk. Baste it with salt and water at first—then with its own dripping. It will take two hours or more to roast it thoroughly.

A green goose, that is one under four months old, is seasoned with pepper and salt, instead of sage and onions. It will roast in an hour.

*An old technique using a flame to remove pin feathers from fresh birds.

To Stew a Duck or Goose

From *Godey's Lady's Book* (1860)

Half roast a duck or goose; put it into a stewpan with a pint of beef gravy, a few leaves of sage and mint cut small, pepper and salt, and a bit of onion shred as fine as possible; simmer a quarter of an hour,* and skim clean; then add near a quart of green peas; cover close and simmer near half an hour longer; put in a piece of butter and a little flour, and give it one boil; then serve in one dish

* Simmer until tender when tested with a fork.



To Make a Sauce for a Goose

From Mary Randolph; *The Virginia Housewife, or Methodical Cook* (1824)

Pare, core and slice some apples; put them in a sauce pan, with as much water as will keep them from burning, set them over a very slow fire, keep them closely covered till reduced to a pulp, then put in a lump of butter, and sugar to your taste, beat them well, and send them to the table in a china bowl.

SPIRITS

All from Jerry Thomas; *How to Mix Drinks, or the Bon Vivant's Companion* (1862)

Hot Brandy and Rum Punch

(for a party of fifteen)

Take 1 quart of Jamaica rum
1 quart of Cognac brandy
1 pound of white loaf sugar
4 lemons
3 quarts boiling water
1 tea-spoonful of nutmeg

Rub the sugar over the lemons until it has absorbed all the yellow part of the skins, then put the sugar into a punch-bowl; add the ingredients well together, pour over them the boiling water, stir well together; add the rum, brandy and nutmeg; mix thoroughly, and serve.

Blue Blazer (not for the faint of heart)

(use two silver plated mugs)



Take 1 small tea-spoonful of powdered white sugar dissolved in 1 wine glass of boiling water.

1 wine-glass of Scotch whiskey.

Put the whiskey and the boiling water in one mug, ignite the liquid with fire, and while blazing mix both

Ingredients by pouring them four or five times from one mug to the other. If well done this will have the appearance of a continued stream of liquid fire.

Serve in a small bar glass with a piece of twisted lemon peel.

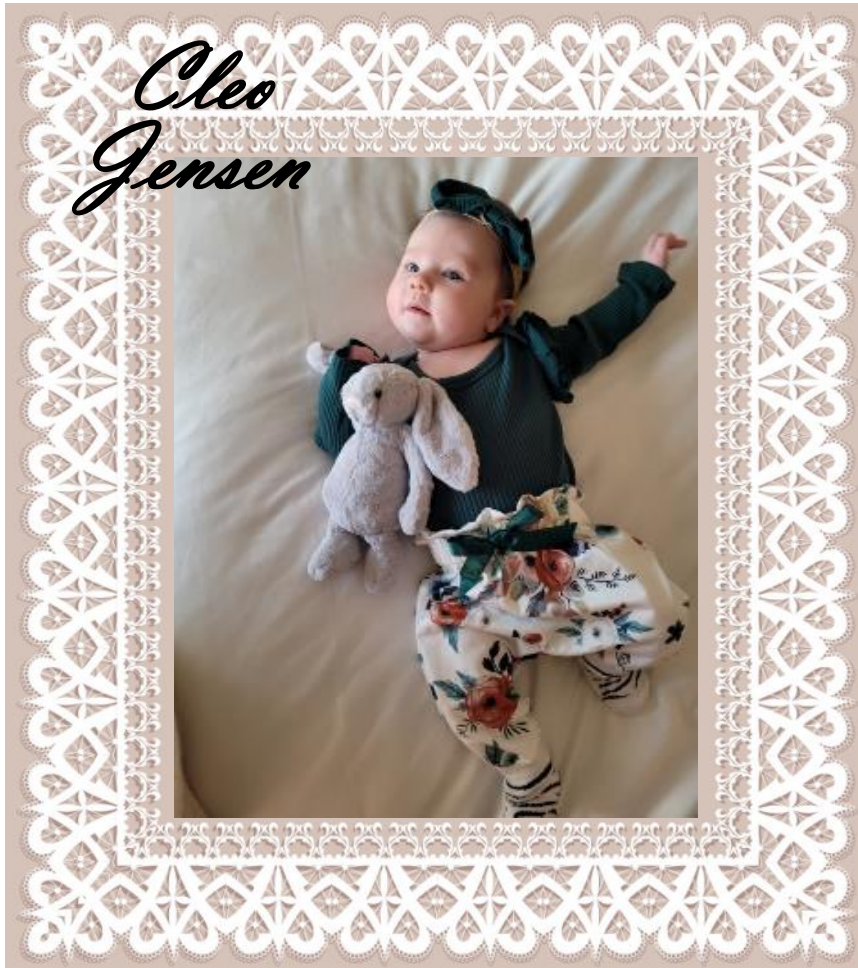
Jerry Thomas from the 1862 edition, making his signature but unpleasantly tasting Blue Blazer.

UPCOMING EVENTS...

PRESIDENTS & *First Ladies*

February 8th, 2024 After the meeting-3pm

- **Patriotic music**
- **Mingle with a Tea & Cookie reception**
- **Speeches 1-2 minutes (Half a page)**
- **Promenade and meet your constituents**
- **If you are not portraying anyone, wear something patriotic**
- **Contact Kelle or Robbin with your POTUS or FLOTUS**



CALENDAR OF EVENTS

All events need a Chairperson

November 2024

9th-Living History Meeting 10am-11am

23rd-Holiday Potluck Decorating Party 11:30am-4:30pm

December 2024

14th-Living History Meeting 2pm

7th, 14th & 21st-Holiday Cheer 3pm-6pm



January 2025 HAPPY NEW YEAR!

11th-Living History Meeting 10am-11am

Undecorate the Annex

February 2025

8th-Living History Meeting 10am-11am

Presidents Day

March 2025

8th-Living History Meeting 10am-11am

15th-St Patrick's Day Parade

April 2025 Easter is the 20th

12th-Living History Meeting 10am-11am

Spring Festival

May 2025 HAPPY MOTHER'S DAY!

1st-4th History Days at Mahon Ranch

10th-Living History Meeting 10am-11am

June 2025 HAPPY FATHER'S DAY!

14th-Living History Meeting 10am-11am

Powder, Poker & Petticoats

July 2025 HAPPY INDEPENDENCE DAY!

4th of July picnic

12th-Living History Meeting 10am-11am

August 2025

Showcase

September 2025

California turns 175!

October 2025

Ghost Tours

November 2025

Holiday Pot luck Decorating Party

December 2025

Holiday Cheer

CONTACTS

Meeting Location—Hastings Annex

1002 Second Street,
Old Sacramento, CA 95814

In-Person Meeting every

2nd Saturday

10am-11am

Mailing address

Sacramento History Museum
Attn: Living History 101 I Street
Sacramento, CA 95814

Living History Experience Manager

Alexandra Kowalski

akowalski@sachistorymuseum.org

Or John Milligan

jmilligan@sachistorymuseum.org

(916)808-7059

Submit articles & ideas to Aly or John

**Deadline for submissions is the
10th of the month.**

Content compiled by Robbin Riggins



**SACRAMENTO
HISTORY ALLIANCE**
Connecting People Through History