

The original documents are located in Box 6, folder “3/24/76 - Congressional Club Cookbook Kickoff” of the Betty Ford White House Papers, 1973-1977 at the Gerald R. Ford Presidential Library.

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Nancy

THE WHITE HOUSE

WASHINGTON

March 19, 1976

MEMORANDUM TO: PETER SORUM
FROM: SUSAN PORTER
SUBJECT: Action Memo

Mrs. Ford has accepted the following out-of-house invitation:

EVENT: Congressional Club Cook Book Kickoff

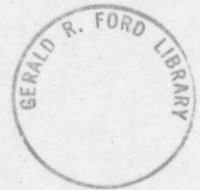
GROUP: Congressional Club

DATE: Wednesday, March 24, 1976

TIME: 11:30-2:00 (Mrs. Ford will arrive around 12:00)

PLACE: Congressional Club
2001 New Hampshire Avenue, Northwest

CONTACT: Mrs. Herman Schneebeli
Club: 332-1155
Home: 347-5552



COMMENTS: Mrs. Ford will participate in the launch of the 9th edition of the Congressional Club Cook Book on Wednesday, March 24th. At this time, members of the Club will bring a favorite dish for a sampling buffet lunch. Mrs. Ford will only stay 30 minutes or so. Before going, she will have autographed copies of the Cook Book for members of the Committee, therefore, this occasion should require no autographing. Mrs. Schneebeli, the contact, is co-chairman of the Cook Book Committee. Mrs. Richardson Preyer (H: 338-7150) is President of the Congressional Club. They plan to make, with the assistance of a chef, Mrs. Ford's Duck Dish which appears in the Cook Book. Mrs. Burns and Mrs. Rhodes will be her escorts during her visit. Because Mrs. Ford does not wish to stay very long, you may need to pare their plans for the extent of her involvement. The file is attached. Thank you.

c: BF Staff
Red Cavaney
William Nicholson
Max Friedersdorf
Rogers Morton
Rex Scouten
Staircase



By Doug Chevallier—The Washington Post

Congressional Club tasters, from left, Mrs. John Foley, Mrs. Richard Ichord, Mrs. Bill Brock, Mrs. Robert McClory, Mrs. Richardson Preyer and Honey Chin.

What Cooks In Congress?

By Marian Burros



If you believe that elected congressional representatives mirror their constituencies, then you also will believe that the cookbook put out by their wives, mirrors what the constituency eats.

To learn how America cooks and eats, don't spend your money on elegant, heavily illustrated \$25 recipe books put out by professionals or the hastily thrown together, untested Bicentennial numbers compiled by non-cooks looking for a fast buck.

A better choice is the ninth "Congressional Club Cookbook," which makes its debut at a tasting buffet next week, complete with congressional wives in period costumes and Betty Ford, one of the contributors.

This is no amateur undertaking by a group of club women who have decided to compile their fellow members' favorite recipes and run them off on a borrowed mimeograph machine. The first printing of the book of 45,000 copies has cost the club \$134,000. Nor is it a charitable activity. The book will sell for \$8.50 and the club (whose members are the wives of past and present congressmen, residents, Vice Presidents and congresswomen) plans to

While the modern political wife may make policy statements and express opinions that embarrass her husband during a campaign, most still prefer a less controversial role, just shaking hands at teas, smiling and passing out recipes. Even those who have strong opinions and articulate them, still find the political cookbook a good campaign tool, especially if the recipes are any good.

It's obvious from the Congressional Club's new edition that cooking is definitely a "womanly art." There is a section devoted to male cook relations—senators, representatives, governors and even the President of the United States—but the editors admitted at a recent tasting preview that the book is sexist. The men's section "is very small and it's in the rear," one of them noted.



Congressional Cooks Can Take the Heat In the

BOOK, From F1

The book does take note, however, of other changing concerns. A nod is given to the rising interest in nutrition and to the coming of the metric system. Each is dealt with in a page. On the other hand, Washington protocol, which took up nine pages in the 1965 edition, has been brushed off in two. Co-editor Mrs. Herman Schneebeli from Pennsylva-



nia said, "Those things just don't have any meaning any more; white gloves, seating precedence. Everything is more informal."

With a few exceptions,

"informal" and "really American" are the appropriate words to describe the recipes, which are supposed to be family favorites. Co-editor Mrs. John Foley of Maryland said that they are "strictly family fare; practically no gourmet."

It's also the kind of food that would be served to company when there is no cook or maid and no desire to spend a lot of time in the

kitchen. There are lots of make-ahead recipes for casseroles and freezable dishes and lots of convenience foods: at least 11 versions of a dessert calling for a cake mix, salad oil and fruit-flavored gelatin or pudding mix.

The 1,300 recipes are a microcosm of the recipes and cooking styles in vogue across the country, at least for women over 40. Foley

and Schneebeli said they were overwhelmed by recipes for a cheese biscuit appetizer made with Rice Krispies, including one from Lady Bird Johnson. It is hers which appears in the book. Cheese cakes, lemon bars and pecan pies inundated them, but there were no recipes calling for what one has come to think of as "modern" or "trendy" ingredients like yogurt, brown

rice or sunflower seed. Schneebeli thinks this has less to do with the fact the food trends move from both coasts toward the center of the country and more to do with the age of the contributors, few of whom are really young.

The recipes required some heavy revisions, according to the editors. In a few instances, they are not sure that the authors will reco-

Special Foods

SAVE \$360



Kitchen

nize their contributions. In particular, there is the wife of one Southern senator, whose contributions were written in stream-of-consciousness style. Each recipe was eight pages long and contained notes like, "You can find those darlin' little things in most stores."

There was considerable correction of spelling mistakes and "vivid" writing needed some work. The editors decided for instance, to change "run in the oven for 10 minutes" to a phrase less tiring.

Though the recipes have not been tested, as the work progressed, Foley and Schneebeli said that they became more professional at editing, making certain each recipe contained specific amounts for all the ingredients, matching the ingredients mentioned in the directions to those given in the list, checking to be sure baking temperatures are included and "hopefully" that all obvious errors have been corrected.

Next to keeping husbands' titles up to date, getting the recipes right, proved the most difficult and time-consuming task. In-town contributors were called with requests for clarification. Those living out of town received form letters with the blanks filled in, such as: "Did you mean 3 tablespoons of baking soda in your recipe for zucchini bread?"

Foley said that "hundreds" of such requests were sent out. "Most of these women cook by feel or touch and it's unbelievable what comes out when they write it down," she said. "We got so we could tell the difference between those recipes that came out of people's heads and those they copied from books."

Unlike standard cookbooks, where the use of brand names is considered unprofessional, the Congressional Cookbook is filled with them. Foley said they were retained when it was felt that the particular brand might make a difference to the final result.

"We had so many recipes using Tabasco," Foley said, "that we got an ad from them." They could have gotten ads from almost every other major food manufacturer in the country as well. Most are represented.

This does not detract from the worth of the recipes, however. While there are those that hardly can be classified as such, (like the one that calls for a can of Vienna sausages and a can of Weiner Wraps) most entries are an accurate reflection of how America cooks and eats. With gusto, and never mind the calories!

The cookbooks are available from the Congressional Club only, 2001 New Hampshire Ave., NW, Washington, D.C. 20009. The cost is \$8.50 plus \$1 for mailing.

CHICKEN TUJAGUE

6 to 8 Servings

8 chicken breast halves
2 cans chicken broth
1 teaspoon salt
¼ teaspoon black pepper
¼ teaspoon paprika
1 chicken bouillon cube
1 vegetable bouillon cube
¼ cup vinegar
¼ cup olive oil
2 packages French salad dressing mix
1 cup finely chopped celery
1 shallot, finely chopped
2 hard-cooked eggs, chopped
½ cup mayonnaise
¼ teaspoon Dijon mustard

Salt and pepper to taste

Simmer together first 7 ingredients for 25 minutes. Reserve stock. Remove skin of chicken and chop chicken into cubes. Combine vinegar, oil and dressing mix.

Pour this, along with 1 pint of chicken stock, over chicken and marinate at least 6 hours, preferably overnight. Mix together celery, shallot, eggs, mayonnaise and mustard. Fold in well-drained chicken. Add salt and pepper. Chill. If to be served hot, heat in 300 degree oven.

Rep. Lindy (Mrs. Hale) Boggs (La.)

DELUXE TOMATO WITH CHICKEN SALAD

6 medium tomatoes
½ cup chopped, cooked chicken
½ cup chopped, cooked chicken
¾ cup diced cucumber
¼ cup chopped nuts
¼ cup mayonnaise
Salt to taste
Lettuce
Parsley
Cauliflower buds

Scald, peel and chill tomatoes. Carefully scoop out inside of each tomato and remove seeds from pulp. Chill all ingredients. When ready to serve, mix chicken, cucumber, tomato pulp and nuts with mayonnaise. Add salt if needed. Fill tomatoes. Arrange on lettuce leaves. Garnish with mayonnaise and decorate each tomato top with parsley and cauliflower buds.

Mrs. Russell Mack, wife of former Representative (Washington)

See BOOK, F22, Col. 3



Congressional Cooks Take Heat in the Kitchen



CHILLED GARDEN SOUP 6 Servings

- 1 teaspoon salt
- 1 pint chicken broth (or bouillon)
- 1 medium potato, peeled and diced
- 1 medium cucumber, chopped
- 1 medium onion, chopped
- 1 large stalk celery with leaves, chopped
- 1 tart apple, peeled and diced
- 1 cup light cream
- 1 tablespoon butter
- 1 teaspoon curry powder
- Freshly ground pepper
- Chives (or parsley), chopped

Add salt to boiling broth and add vegetables and apple. Simmer until tender: 20 to 30 minutes. Put through

food mill or mix in blender until smooth. Stir in cream, butter, curry powder and pepper. Chill thoroughly. Garnish with chives.

Mrs. Herman Schneebell, wife of Representative Pa.

CHILDREN'S FAVORITE 8 Servings

- Salt and pepper
- 2 fryers, cut up
- Cooking oil
- 1½ cups uncooked rice
- 1 medium onion, chopped
- 2 cans (4 ounces each) mushroom pieces, undrained
- 4 chicken bouillon cubes
- ¾ cups hot water
- 1 stick butter
- Salt and pepper chicken pieces and brown in skillet with bottom well-covered in oil. In casserole put rice, onion and mushrooms with liquid.

Pile browned chicken on top. Dissolve bouillon cubes in water, pour over chicken and dot with pieces of butter. Cover and bake at 350 degrees for 1 hour or longer. Holds very well. May be frozen.

Sen. Bill Brock (Tenn.)

PUMPKIN BREAD

- 3 cups sugar
- 1 cup salad oil
- 4 eggs, beaten
- 1 (1 pound) can pumpkin
- 3½ cups flour
- 2 teaspoons baking soda
- 2 teaspoons salt
- 1 teaspoon baking powder
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- 1 teaspoon cinnamon
- ½ teaspoon ground
- ground cloves
- ¾ cup water

Cream sugar and oil. Add eggs and pumpkin and mix well. Sift together all dry ingredients. Add alternately with water to pumpkin mixture. Pour into 2 well-greased and floured 9 x 5 inch loaf pans. Bake at 350 degrees for 1½ hours or until it tests done. Cool for 10 minutes before removing from pans. May be frozen.

Mrs. James B. Longley, wife of Governor (Maine)

ALMOND SWEET POTATO PUFF 6 Servings

- 2 cups mashed, cooked sweet potatoes
- ¾ cup orange juice
- ½ teaspoon grated orange rind
- ¼ cup brown sugar, packed

- 3 tablespoons melted butter
- 2 eggs, separated
- ¼ cup chopped, blanched almonds
- Salt

Combine sweet potatoes, orange juice, rind, brown sugar and butter. Whip until light. Beat egg yolks and blend into potato mixture along with half of almonds. Beat egg whites until stiff but not dry, then fold into potato mixture. Salt to taste. Turn into greased 2-quart casserole and sprinkle remaining nuts over top. Bake at 375 degrees for 30 to 35 minutes.

Mrs. Jerry L. Pettis, Representative (California)



PRESIDENT
Mrs. Richardson Preyer, North Carolina
1st VICE PRESIDENT
Mrs. Robert McClory, Illinois
2nd VICE PRESIDENT
Mrs. Lee Metcalf, Montana
3rd VICE PRESIDENT
Mrs. Hugh Scott, Pennsylvania
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COMMITTEE
The Honorable Lindy Boggs, Louisiana
Mrs. Tim Lee Carter, Kentucky
Mrs. Spark M. Matsunaga, Hawaii
Mrs. Melvin Price, Illinois
Mrs. J. Kenneth Robinson, Virginia
Mrs. Charles Thone, Nebraska



The Congressional Club

2001 NEW HAMPSHIRE AVENUE, N.W. WASHINGTON, D. C. 20009 PHONE 332-1155

March 11, 1976

Ms. Susan Porter
212 East Wing
The White House
Washington, D. C. 20050

Dear Susan:

We are so pleased that Mrs. Ford has agreed personally to inscribe copies of the Club's Bicentennial Cook Book for members of the Cook Book Committee. I am enclosing the list of names for this purpose, as you requested.

When we have the books, we will telephone for instructions on delivering them to the White House.

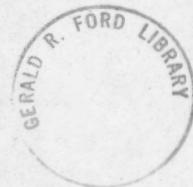
Thank you so much for your assistance.

Sincerely,

A handwritten signature in cursive script that reads "Mary Lou Schneebeli". The signature is written in dark ink and is positioned above the typed name of the sender.

Mrs. Herman T. Schneebeli,
Co-Chairman
Bicentennial Cook Book Committee

Enc.



President - Emily Preyer (Mrs. Richardson - North Carolina)

Editors:

Lucy Foley (Mrs. John R. - Maryland)

Mary Lou Schneebeli (Mrs. Herman T. - Pennsylvania)

Committee:

Aileen Burke (Mrs. James A. - Massachusetts)

Charlotte Chamberlain (Mrs. Charles - Michigan)

Marian Giaimo (Mrs. Robert N. - Connecticut)

Dottie Hungate (Mrs. William L. - Missouri)

Nan McCollister (Mrs. John Y. - Nebraska)

Helene Matsunaga (Mrs. Spark - Hawaii)

Jerry Miller (Mrs. Jack - Iowa)

Lenora Moeller (Mrs. Walter - Ohio)

Margaret Randall (Mrs. William J. - Missouri)

Kit Robinson (Mrs. Kenneth J. - Virginia)

Ethel Schwengel (Mrs. Fred - Iowa)

Marie Sieminski (Mrs. Alfred D. - New Jersey)

Helen Smith (Mrs. Henry P. III - New York)

Bea Smith (Mrs. Neal - Iowa)

Anita Ullman (Mrs. Anita W. - Oregon)

Jennette Prouty (Mrs. Winston - Vermont)

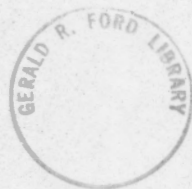
Dottie Runnels (Mrs. Harold - New Mexico)

Bobbie Byrnes (Mrs. John W. - Wisconsin)

Penny Ichord (Mrs. Richard - Missouri)

Norma Lagomarsino (Mrs. Robert J. - California)

Garry Price (Mrs. Melvin - Illinois)



2nd Dear Mrs. Porter -

To confirm our telephone conversation yesterday, we hope to launch the ninth edition of our Congressional Club Cook Book on March 24 or 25 if Mrs. Ford would be available to smash the champagne bottle (figuratively, that is!).

Members of the Club will bring a favorite dish for a sampling buffet lunch any time that suits Mrs. Ford from 11:30 on - - - - -

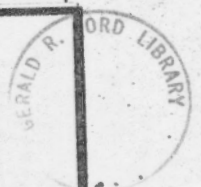
As a many-years member of the Congressional Club, Mrs. Ford is well aware what the Cook Book means to the welfare of the Club - and it just wouldn't get off the ground without her.

Many thanks for your support and cooperation.

Sincerely,

Mary Sue Schuerbel
Congressional Club
Cook Book Committee

Jan. 29, 1976



THE WHITE HOUSE

WASHINGTON

March 23, 1976

MEMORANDUM FOR: MRS. FORD

VIA: RED CAVANEY

FROM: PETER SORUM *PS*

SUBJECT: YOUR PARTICIPATION IN THE
CONGRESSIONAL CLUB COOKBOOK
KICKOFF.
Wednesday, March 24, 1976
Congressional Club

Attached at TAB A is the Proposed Schedule for the subject event.

APPROVE _____

DISAPPROVE _____

BACKGROUND

The Congressional Club is a non-partisan organization of spouses of Congressmen, Senators, Cabinet members and Supreme Court Justices. Every five or six years they produce a cookbook which is composed of recipes submitted by members and former members. This 9th edition has been 18 months in production and includes a duck recipe submitted by you. Proceeds from the sale of the cookbook go to the Club.

You will receive a copy of the book and will be given the opportunity to sample your duck recipe as prepared by the Club Chef before informally greeting guests and members present.



TAB
A



3/23/76

2:00 pm

PROPOSED SCHEDULE

MRS. FORD'S PARTICIPATION IN THE
CONGRESSIONAL CLUB COOKBOOK KICKOFF

Congressional Club
Wednesday, March 24, 1976

12:05 pm Mrs. Ford boards motorcade on South Grounds.

MOTORCADE DEPARTS South Grounds en route
Congressional Club.

[Driving time: 10 minutes]

12:15 pm MOTORCADE ARRIVES Congressional Club (2001 New
Hampshire Avenue, N. W.).

Mrs. Ford will be met by:
Mrs. Richardson Preyer (Emily)

OFFICIAL PHOTO COVERAGE

Mrs. Ford, escorted by Mrs. Preyer, proceeds into
Congressional Club to greet:

Mrs. Herman Schneebeli (Mary Lou), Cookbook
Co-chairman
Mrs. John Foley
Mrs. Melvin Price
Mrs. John Burns

NOTE: Mrs. Burns will organize a brief
photo session prior to escorting Mrs. Ford
upstairs to the Ballroom.

12:20 pm Mrs. Ford, escorted by Mrs. Burns, arrives Ballroom
and proceeds to buffet table.



12:22 pm Mrs. Ford arrives buffet table for cookbook presentation by Mrs. Preyer.

OPEN PRESS COVERAGE
ATTENDANCE: 200

NOTE: Mrs. Ford will examine cookbook for her recipe for duck prior to sampling the dish as prepared by Congressional Club Chef Honey Chin.

12:25 pm q Mrs. Ford samples duck and recognizes Chef Chin, who will be standing to Mrs. Ford's right.

12:30 pm Mrs. Ford departs buffet table and rejoins Mrs. Burns to informally greet guests.

12:45 pm Mrs. Ford bids farewell and departs Ballroom en route motorcade for boarding.

12:50 pm MOTORCADE DEPARTS Congressional Club en route South Grounds.

[Driving time: 10 minutes]

1:00 pm MOTORCADE ARRIVES South Grounds.



President - Emily Preyer (Mrs. Richardson - North Carolina)

Editors:

Lucy Foley (Mrs. John R. - Maryland)
Mary Lou Schneebeli (Mrs. Herman T. - Pennsylvania)

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Ethel Schwengel (Mrs. Fred - Iowa)
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Bea Smith (Mrs. Neal - Iowa)
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Jennette Prouty (Mrs. Winston - Vermont)
Dottie Runnels (Mrs. Harold - New Mexico)
Bobbie Byrnes (Mrs. John W. - Wisconsin)
Penny Ichord (Mrs. Richard - Missouri)
Norma Lagomarsino (Mrs. Robert J. - California)
Garry Price (Mrs. Melvin - Illinois)

To _____ (women's first name and last name)

With my warmest best wishes,





FROM
THE WHITE HOUSE
WASHINGTON, D.C.

Mrs. John Foley
9730 Byeforde Road
Kensington, Maryland 20795



To Lucy Foley
With appreciation and fond best wishes,

Betty Ford

Mrs. Ford
Betty



FROM
THE WHITE HOUSE
WASHINGTON, D.C.

Mrs. Herman T. Schneebeli
301 G Street, SW
Apartment 518
Washington, D. C. 20024

To Mary Lou Schneebeli
With fond best wishes,

Betty Ford

Mrs. Ford
Betty





FROM
THE WHITE HOUSE
WASHINGTON, D.C.

Mrs. Honey Chin
The Congressional Club
201 New Hampshire Avenue, NW
Washington, D. C. 20009



*Honey Chin
With deep appreciation
and warmest best wishes,*

Betty Ford

*Mrs. Ford
Betty*



FROM
THE WHITE HOUSE
WASHINGTON, D.C.

Mrs. Fay Wells
2601 Woodley Place, NW
Number 912
Washington, D. C. 20008

To Fay Wells
With great affection
and fond best wishes,

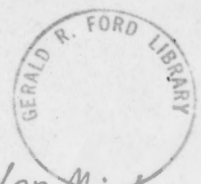
Betty Ford

Mrs. Ford
Betty

event folder



FROM
THE WHITE HOUSE
WASHINGTON, D.C.



Mrs. Helen Michaels
1177 Kane Concourse
Miami Beach, Florida 33154

To Helen Michaels
With warm best wishes,

Betty Ford

Sent 7-1-76



FROM
THE WHITE HOUSE
WASHINGTON, D.C.



Mrs. Peter Storer
1177 Kane Concourse
Miami Beach, Florida 33154

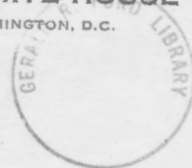
To Ginny Storer
With warm best wishes,

sent 7-1-76

Betty Ford



FROM
THE WHITE HOUSE
WASHINGTON, D.C.



Mrs. Peter Storer
1177 Kane Concourse
Miami Beach, Florida 33154

To Ginny Storer
With warm best wishes,

Betty Ford



FROM
THE WHITE HOUSE
WASHINGTON, D.C.



Mrs. Helen Michaels
1177 Kane Concourse
Miami Beach, Florida 33154

To Helen Michaels
With warm best wishes,

Betty Ford

For Immediate Release
Tuesday, March 23, 1976

THE WHITE HOUSE
OFFICE OF THE PRESS SECRETARY TO MRS. FORD

Mrs. Ford will participate in the launching of the 9th edition of the Congressional Club Cook Book, Wednesday, March 24 at noon at the Congressional Club, 2001 New Hampshire Avenue, N.W.

Mrs. Ford will be greeted by Mrs. Richardson (Emily) Preyer, President of the Congressional Club, Mrs. John (Bobbie) Byrnes and Mrs. Melvin (Garry) Price. Mrs. Byrnes will escort Mrs. Ford to the Ballroom where she will be presented a copy of the cookbook and sample the Stuffed Duck Bordelaise, the recipe Mrs. Ford submitted for the Cook Book.

The Congressional Club was formed in 1908 and consists of wives of members of Congress, former members of Congress, Cabinet wives, Supreme Court wives and former First Ladies.

Approximately 250 guests are expected for the buffet luncheon, which is "pot luck," with members bringing samples of the recipes they submitted.

#

Press Pick-up in West Wing Press Lobby at 11:45 AM





FROM
THE WHITE HOUSE
WASHINGTON, D.C.

*To Virginia Bacon
With admiration and great affection,*

Betty Ford

Mrs. Robert L. Bacon
1801 F Street
Washington, D. C. 20006