



THE PRESIDENTS'  
KITCHEN CABINET

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AMERICA

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Daughters of the  
American Revolution

# NOTES ON ETIQUETTE



“Delicacy of manner at table stamps both man and woman, for one can, at a glance, discern whether a person has been trained to eat well -- such as to hold the knife and fork properly, to eat without the slightest sound of the lips, to drink quietly, to use the napkin rightly, to make no noise with any of the implements of the table, and last but not least, he eats slowly and masticate the food thoroughly. All these points should be most carefully taught to children, and then they will always feel at their ease at the grandest tables in the land.”

“The servant should only offer everything at the left of the guest, that the guest may be at liberty to use the right hand. If one has been given a napkin ring, it's it is necessary to fold one's napkin and use the ring, otherwise the napkin should be left unfolded. One's teeth are not to be picked at the table, but if it is impossible to hinder it, it should be done behind the napkin. One may pick a bone at the table but, as with corn, only one hand is allowed to touch it, yet one can easily get enough from it enough from it with fork and knife, which is certainly the more elegant way of doing and take it to her teeth to give it a lady the look of caring a little too much for the pleasures of the table, one is however, on no account to suck one finger after it.”

*The White House Cook Book*

Hugo Ziemann

1887



HISTORY  
ON  
A  
FORK

## TODAY'S MENU

*President John F. Kennedy's*  
Fish Chowder

*Bess Truman's*  
Ozark Pudding

*President Eisenhower's*  
Golden Corn Pudding



# PRESIDENT JOHN F. KENNEDY'S FISH CHOWDER

## **Ingredients:**

2 pounds haddock  
2 ounces salt pork diced  
1 large onion sliced  
4 large potatoes diced  
1 cup celery chopped  
1 bay leaf  
1 teaspoon salt  
Freshly ground black pepper  
1 quart milk  
2 tablespoons butter

## **Directions:**

Step one. Put the haddock in a soup pot with 2 cups water and simmer for 15 minutes. Drain, reserving the broth. Remove any bones from the fish and set fish aside.

Step two. Saute the salt pork in the soup pot until crisp. With a slotted spoon, remove the pork and set aside. Saute the onions in the pork fat until golden brown. Add the fish, potatoes, celery, bay leaf, salt, and pepper to taste.

Step three. Pour in the reserved fish broth plus enough boiling water to make 3 cups liquid. Simmer for 30 minutes. Add the milk and butter and simmer for 5 minutes.

Step four. Serve the chowder sprinkled with the diced pork.

# RICK'S JOHN F. KENNEDY HISTORY

The life of John F. Kennedy was one of ambition, glamour, tragedy and contradiction. Born on May 29, 1917, in Brookline, Massachusetts Kennedy grew up in a wealthy and politically connected family headed by businessman and diplomat Joseph P. Kennedy, Sr. Young Jack was the first President to be a Boy Scout, achieving the rank of Star Scout.

Kennedy attended Harvard University, graduating in 1940 after writing a thesis on British foreign policy that later became the book *Why England Slept*. During World War II, the PT-109 boat he commanded was cut in half by a Japanese destroyer. He and his crew swam to safety at a nearby island and were rescued a week later. Awarded the Purple Heart, the story of Kennedy's bravery helped launch his political career.

In 1946, Kennedy was elected to the U.S. House of Representatives, and in 1952 he won a seat in the Senate.

The Presidential election of 1960 was one of the closest in American history. Kennedy defeated Vice President Richard Nixon after a hard-fought campaign that featured the first televised Presidential debates. At 43, he became the youngest man ever elected President, and the first Roman Catholic to hold the office.

Kennedy entered the White House promising a "New Frontier," calling on Americans to embrace public service and sacrifice during the tense years of the Cold War.

JFK and his wife, Jacqueline, created a new and glamorous image of what a President and First Lady look like. They had two young children, Caroline and John Jr. Jacqueline spearheaded a restoration of the White House, making it a museum of American history and art. She also gave a televised tour of the White House in February 1962 – an estimated 56 million viewers watched the broadcast.

One of Kennedy's most lasting achievements was the creation of the Peace Corps in 1961. In its first year, it had 900 volunteers serving 16 countries. Since its inception, more than 240,000 Americans have joined, serving in 142 countries.

After the Soviet Union's early space spectacles, he challenged the United States to become the first nation to land a man on the Moon before the end of the 1960s. This led to the Apollo 11 Moon Landing that achieved his goal in 1969.

Foreign affairs also demanded his attention. In April 1961, he approved a plan conceived during the Eisenhower Administration to overthrow the Communist government of Cuban dictator Fidel Castro, landing 1500 Cuban exiles at a site known as the Bay of Pigs. The invasion turned into a fiasco when Castro's troops killed or captured the exiles.

Two months later, he had a contentious summit meeting in Vienna with the leader of the Soviet Union, Nikita Khrushchev, who lectured and bullied Kennedy for the Bay of Pigs and other U.S. actions. “He just beat the hell out of me,” Kennedy told Hugh Sidey of Time Magazine.

The following year, Kennedy confronted the Soviet Union when their nuclear missiles were discovered in Cuba. For 13 tense days in October 1962, the world stood on the brink of nuclear war. JFK negotiated a peaceful resolution with Khrushchev; many historians consider his calm leadership the finest moment of his Presidency.

Following the Cuban Missile Crisis, Kennedy negotiated and signed the Nuclear Test Ban Treaty with the Soviet Union and Great Britain in 1963, prohibiting nuclear testing in the atmosphere, underwater, and in outer space. Since then, more than 120 nations have signed the treaty.

He expanded our military presence in Vietnam -- when he took office, 900 U.S. advisers were in South Vietnam; by the time of his assassination three years later, that number was nearly 17,000.

And until his final months when events forced his hand, he was cautiously indifferent to the growing civil rights crisis.

Kennedy’s personal life was far more complicated than his polished public image suggested. He engaged in extramarital affairs with women ranging from socialites and Hollywood figures to journalists and White House secretaries. Historians view these affairs as incredibly reckless, especially because some involved potential security risks during the Cold War.

He also suffered from chronic health problems, including severe back pain and digestive illnesses. To manage pain and fatigue, he relied on a variety of medications including injections containing amphetamines and other drugs from Dr. Max Jacobson, a controversial physician nicknamed “Dr. Feelgood.”

Kennedy’s Presidency came to a sudden and tragic end on November 22, 1963, when he was killed by a sniper while riding in a motorcade in Dallas, Texas. His death at the age of 46 transformed him into a lasting symbol of youthful leadership and unrealized promise. The murder of such a vital, attractive leader in the prime of his life left Americans with a profound sense of personal loss.



## FIRST LADY BESS TRUMAN'S OZARK PUDDING

### **Ingredients:**

1 egg  
3/4 cup sugar  
2 tablespoons all-purpose flour  
1 1/4 teaspoon baking powder  
1/4 teaspoon salt  
1/2 cup chopped peeled apples  
1/2 cup chopped nuts  
1 teaspoon vanilla extract  
whipped cream (with a touch of rum, if desired) or vanilla ice cream

### **Directions:**

Step one. Preheat the oven to 350 degrees F. Grease a 10-inch pie pan.

Step two. Beat the egg and the sugar together until smooth. Add the flour, baking powder and salt. Blend well. Fold in the apples, nuts and vanilla.

Step three. Pour into the prepared pie pan and bake for 30 to 35 minutes. Remove from the oven; the pudding will fall, but it's supposed to.

Step four. Serve warm with whipped cream or ice cream.

# RICK'S HARRY S. TRUMAN HISTORY

Harry S. Truman rose from humble beginnings in rural Missouri to become one of the most consequential Presidents in American history.

Born May 8, 1884, Truman grew up on a farm near Independence. His childhood was shaped by hard work, financial struggle and a deep love of history and reading. Unlike many future Presidents, Truman did not attend college. Instead, he worked various jobs, including farming and bookkeeping, before military service in World War I.

During the war, he commanded an artillery battery in France as a captain. After returning home, he married Bess Wallace and entered local politics. Truman served as a county judge and later won election to the U.S. Senate in 1934.

As a senator, Truman gained national attention for investigating waste and corruption in defense spending during World War II. His work saved taxpayers as much as \$15 billion – the equivalent of \$220 billion today -- and demonstrated his reputation for honesty and efficiency. Known for his finely tailored suits, he was nicknamed “Haberdasher Harry” and named one of the 10 best dressed U.S. Senators. While President, he owned 96 pairs of shoes, many of them Classic Oxfords.

In 1944, President Franklin Roosevelt selected Truman as his vice presidential running mate, easily winning re-election to a fourth term. Truman was Vice President only 82 days before FDR's sudden death in April 1945, thrusting him into the Presidency during the final months of World War II.

Germany surrendered shortly after he took office, but the war against Japan continued. Truman faced the difficult decision of whether to use the newly developed atomic bomb. Believing it would end the war quickly and avoid a bloody invasion of Japan, he authorized the bombings of Hiroshima and Nagasaki in August 1945. Japan surrendered days later, ending World War II.

After the war, Truman confronted growing tensions with the Soviet Union in what became known as the Cold War. He introduced the Truman Doctrine in 1947, pledging American support to nations resisting Communism. This policy marked the beginning of a long strategy of containment against Soviet expansion. Truman also launched the Marshall Plan, which provided economic aid to rebuild war-torn Western Europe. When the Soviet Union blockaded West Berlin in June 1948, Truman ordered the Berlin Airlift, an extraordinary operation that supplied the city entirely by air until the blockade ended 15 months later.

Despite these international successes, Truman faced serious challenges at home. Inflation, labor strikes and fears of Communism created political tension. Many Americans doubted his leadership, and political experts predicted he would lose the 1948 Presidential election. Yet Truman campaigned tirelessly across the nation, traveling by train and giving passionate speeches attacking what he called the “do-nothing 80th Congress.” In one of the greatest upsets in American political history, he defeated Republican candidate Thomas E. Dewey, who had led Truman by nearly 20 points in some polls a few weeks before the election.

His Inauguration in January 1949 was the first to be televised. His motto, “The buck stops here,” was displayed on a plaque he kept on his desk in the Oval Office.

In 1948, he issued an Executive Order which desegregated the U.S. Armed Forces. The decision faced strong opposition, especially from Southern politicians, but Truman refused to back down. The desegregation of the armed forces became a major step forward in the broader civil rights movement and helped pave the way for later reforms in American society.

Truman’s Presidency also included the beginning of the Korean War in June 1950, when Communist North Korea invaded South Korea. Truman committed U.S. troops under the banner of the United Nations to defend South Korea. The war became controversial and costly, especially after Truman dismissed General Douglas MacArthur for publicly challenging his wartime policies. By doing so, Truman reinforced the vital principle of civilian control over the military, especially in wartime.

Bogged down by a stalemated Korean War, a weak economy and a scandal involving the Internal Revenue Bureau -- now the IRS -- Truman's approval rating plummeted to 22 percent shortly before he left office in 1953. Historians have since viewed his Presidency much more favorably.

His wife, Bess, was a private and quiet First Lady. Although avoiding the spotlight, she was a trusted advisor to her husband throughout his political career. Truman referred to her as “the Boss” and to their daughter, Margaret, as “the Boss of the Boss.”

Truman often described himself as an ordinary man asked to meet extraordinary challenges. His Presidency left a lasting mark on both American foreign policy and the continuing pursuit of equality in the United States.

He died in 1972 at the age of 88. Bess is the longest-living First Lady, dying at the age of 97 in 1982.



## FIRST LADY MAMIE EISENHOWER'S CORN PUDDING

### **Ingredients:**

1-15 oz. can whole-kernel corn, drained  
1-15 oz can cream style corn  
¼ cup milk  
¼ cup sugar  
2 eggs, beaten  
2 tablespoon cornstarch  
1 ½ cup crushed butter crackers

### **Directions:**

Step one. Preheat oven to 350 degrees.

Step two. Butter and coat a 1 ½ qt. casserole dish with butter or cooking spray.

Step three. Mix all ingredients, except crackers, in a large bowl and pour into casserole dish.

Step four. Top with crushed crackers.

Step five. Bake for 45 minutes.

# RICK'S DWIGHT D. EISENHOWER HISTORY

Born in Denison, Texas on October 14, 1890, Dwight D. Eisenhower grew up in the small town of Abilene, Kansas. Known to friends and family as "Ike," Eisenhower developed a reputation for discipline, determination and leadership from an early age. Earning an appointment to the U.S. Military Academy at West Point in 1911, he was a graduate in what would be known as "the class the stars fell on." His Class of 1915 included 59 future generals.

He proposed to his wife, Mamie, on Valentine's Day 1916 in Texas. As an Army officer's wife, Mamie moved 27 times in 37 years. Her eight years in the White House were the longest time she spent in one place during their 53-year marriage.

Eisenhower became famous during the Second World War as Supreme Commander of the Allied Expeditionary Force in Europe, coordinating the military efforts of the United States, Great Britain, Canada, and other Allied nations against Nazi Germany. His greatest achievement came on June 6, 1944, with the successful planning and execution of the D-Day invasion of France, which marked the beginning of the end of Adolf Hitler's reign of tyranny in Europe.

After Germany's surrender a year later, he briefly served as Army Chief of Staff and later became president of Columbia University. In 1951 he was appointed Supreme Commander of the North Atlantic Treaty Organization (NATO), strengthening the Western alliance during the early years of the Cold War.

As Supreme Commander of the victorious Allied armies in Europe, Ike was so popular after World War II that both the Republican and Democratic Parties asked him to run for President. He ended up running as a Republican in 1952, defeating Democrat Adlai Stevenson in a landslide victory and becoming the 34th President of the United States in January 1953.

His Presidency was marked by moderation, economic growth and efforts to contain Communism during the Cold War without provoking direct conflict with the Soviet Union.

One important event early in his term was his visit to North Dakota for the closing ceremony of the Garrison Dam spillway gates in June 1953. The Garrison Dam, built on the Missouri River, was one of the largest public

works projects in the nation and a major component of flood control, irrigation and hydroelectric development in the Great Plains. Eisenhower spoke at the ceremony, praising the project as an example of American engineering and cooperation. His appearance demonstrated the importance his Administration placed on infrastructure development and economic modernization in the postwar era.

Firsts in his Presidency included the first televised news conference, on January 19, 1955, and riding in a helicopter. Alaska and Hawaii entered the Union during his Presidency, becoming our 49th and 50th states.

He renamed the Presidential retreat Camp David in honor of his grandson, David Eisenhower. FDR had called it Shangri-la, but Ike thought that was "just a little too fancy for a Kansas farm boy."

One of the crowning domestic achievements of Eisenhower's Presidency was his signing into law in June 1956 a bill authorizing a 43,000-mile interstate highway system from East Coast to West Coast, the largest road building program in the nation's history. Finally completed in 1992, the total cost of the program came to more than \$120 billion. It transformed American life by making travel faster, encouraging suburban growth, expanding commerce and improving national defense.

Internationally, he pursued a policy of containing Communism through alliances and nuclear deterrence. His Administration also faced major Cold War crises, including the Korean War, which ended in an armistice in July 1953, and rising tensions with the Soviet Union.

Eisenhower also confronted growing demands for civil rights. Although cautious by nature, he took important steps to enforce racial integration. In 1957 he sent federal troops to Little Rock, Arkansas, to protect African-American students integrating Central High School after resistance from state officials. He also signed the Civil Rights Act of 1957, the first federal civil rights legislation since Reconstruction.

Eisenhower's is often called the "Hidden Hand" Presidency, because, although he appeared calm and detached in public, historians later discovered that he quietly exercised strong control behind the scenes. Accounts by aides and other contemporaries show that he was very much in control of his Administration, and that although he delegated authority, much like he had as a military commander, he made all the critical decisions. He exercised power with much more relish and shrewdness than most contemporaries realized or for which they gave him credit.

In his Farewell Address in 1961, Eisenhower famously warned Americans about the growing influence of the "military-industrial complex." He retired to his farm near Gettysburg, Pennsylvania, and died in 1969.

# RICK'S SUGGESTED READING

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*Harry S. Truman: A Life*, Robert H. Ferrell (1994)

*Harry S. Truman*, Robert Dallek (2008)

*The Trials of Harry S. Truman: The Extraordinary Presidency of an Ordinary Man, 1945-1953*, Jeffrey Frank (2022)

*The Hidden Hand Presidency: Eisenhower as Leader*, Fred I. Greenstein (1982)

*Eisenhower: A Soldier's Life*, Carlo D'Este (2002)

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*Eisenhower: The White House Years*, Jim Newton (2011)

*Eisenhower in War and Peace*, Jean Edward Smith (2012)

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*President Kennedy: Profile of Power*, Richard Reeves (1993)

*The Dark Side of Camelot*, Seymour M. Hersh (1997)

*An Unfinished Life: John F. Kennedy, 1917-1963*, Robert Dallek (2003)

*JFK's Last Hundred Days: The Transformation of a Man and the Emergence of a Great President*, Thurston Clarke (2013)

*JFK: Coming of Age in the American Century, 1917-1956*, Fredrik Logevall (2020)