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# A Good Cook Never Meets a Stranger

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# A Good Cook Never Meets a Stranger

by Bernice Burns, T. JI. Dept.

The noted Irish writer, Maura Laverty, feels strongly that, "ingredients, skill and equipment are not so important to good cooking as a lively interest in human beings. . . Show me a woman who is really interested in her fellow-creatures and I'll show you a woman who can make an attractive meal out of a tin of bully-beef," she writes in her book, *Kind Cooking*.

*What to Cook for Company*, now in its second edition from the Iowa State University Press, is more than a collection of delectable, different dishes. It is a very special form of communication which speaks of many things: flavor, fragrance, the beauty of food well prepared and exquisitely served. It is a volume of hospitality full of memories of meals shared with pleasure. It is the beginning of delight for those who will transform the exciting recipes into wonderful food for company you have yet to invite.

Born of Lenore Sullivan's whole-hearted Irish interest in the human race, this cookbook brings the warmth of kitchen and the laughter of happy dining here and abroad.

No instinct is so universal as that of sharing food with friends and family. An invitation to dinner communicates in a rare way one's desire to be in happy unity with others. Women have always exerted their finest efforts in order to serve guests food which delighted the eye and was a joy to eat.

They knew that a meal which pleases the senses also restores the spirit and warms the heart. This thought has been expressed often. "Heartened by the meal, the traveller resumed his journey." "After a hearty meal, their problems seemed less."

Miss Sullivan feels that hundreds of persons have collaborated to make *What to Cook for Company* such an interesting cookbook. Many recipes were made first in her catering class. Students who had come to Iowa State from far places were eager to prepare the traditional "company" dishes of their country. Often these foods were treasured family recipes served for religious feasts or national holidays. They were dishes developed out of the climate and culture of the land.

Sometimes the ingredients needed to be converted into the nearest American equivalent. Almost invariably, measurements and terms required

translation into our language. The result is a rare, authentic collection of recipes representing the best of American cooking plus many national dishes.

The first edition of Miss Sullivan's cookbook is treasured in homes today. The second has been published by popular demand and includes 903 recipes for all occasions. Particular attention is paid to company casseroles — those popular special dishes that hostesses find easy to prepare and take pride in serving.

Menus for special occasions are also a feature of the book. Foreign dinners, Sunday morning coffees, teas, and formal receptions are only a few of the events included. The Special Helps section contains cooking terminology, measurements, temperatures, methods, and pronunciations and definitions.

*What to Cook for Company* will help you say, "You are my friend, my most honored guest."

## ISU Graduate Still Studying

Iowa State, the Food and Nutrition Department, and Ann Walby's family are proud to hear that she was selected "Student of the Month" at St. Mary's Hospital in Rochester in November. She began her dietetic internship at St. Mary's at the end of last summer, following her graduation.

While an undergraduate, a transfer from Cottey College in her junior year, Ann was a member of Omicron Nu, Phi Upsilon Omicron, Phi Kappa Phi, and was involved in many non-scholastic activities.

Sister Mary Vista, her supervisor, was asked to recommend girls who might be worthy of the "Student of the Month" honor. She submitted Ann's name. From there the Rochester Business and Professional Women's Club chose her on the basis of scholarship, potential, personality, and her achievements at ISU.